

Lunch Menu

Week 3



Monday

Main
Tomato and pesto pasta
bake
G, MK

Vegetarian
Tortellini with four
cheese
G, E, Mk

Carbohydrate
Pasta

Vegetables
Seasonal Vegetables

Dessert
Fruit Selection or
Cheese & biscuits or
fruit yoghurt
G Mk

Tuesday

Main
Beef Lasagne
G, Mk, Ce, Mu

Vegetarian
Thai vegetable curry
with lemongrass rice

Carbohydrate
Rice / Garlic Bread
G

Vegetables
Seasonal Vegetables

Dessert
Fruit Selection or
Cheese & biscuits or
fruit yoghurt
G Mk

Wednesday

Main
Baked Marinated Salmon
and Seasoned vegetables
F

Vegetarian
Jacket Potatoe with
tuna, cheese or beans
F, Mk, E

Carbohydrate
Rice / Pasta
G

Vegetables
Seasonal Vegetables

Dessert
Pudding of the Week

Thursday

Main
Lemon Roast Chicken
with roasted potatoes

Vegetarian
Quorn Meatballs
G

Carbohydrate
Pasta

Vegetables
Seasonal Vegetables

Dessert
Fruit Selection or
Cheese & biscuits or
fruit yoghurt
G Mk

Friday

Main
Fish on Friday
F, G

Vegetarian
Veggie Nuggets
G

Carbohydrate
Spicy Potato Wedges

Vegetables
Seasonal Vegetables

Dessert
Fruit Selection or
Cheese & biscuits or
fruit yoghurt
G Mk



** All allergy concerns are catered for, please speak to our catering manager for more information*

Allergens						
Ce Celery	F Fish	Mk Milk	N nuts	So Soya	E eggs	Mu Mustard
Cr Crustacean	G Cereals (Gluten)	Mo Molluscs	P Peanuts	Su Sulphur dioxide	L Lupin	Se Sesame Seeds