

LUNCH MENU

The FUTURE of
FOOD

WK3

MONDAY

Minestrone soup

Margherita Pizza (V)
Creamy vegetable tomato pasta bake (V)

Garlic bread
Carrots and peas

Fruit Yoghurt

TUESDAY

Chickpea, chilli and coriander soup

Lamb kebab with cucumber salad and mini naan
Sweet potato falafel with roasted red pepper hummus

Fragrant couscous
Lemon and mint tender stem broccoli and broad beans
Steamed carrots

Pasta with tomato sauce

Individual ice cream pots

WEDNESDAY

Carrot and coriander Soup

Slow braised beef with Yorkshire puddings and gravy
Mushroom stroganoff (V)

Roast potatoes
Broccoli and spring greens

Fresh cut fruit salad

THURSDAY

Sweetcorn Chowder soup

Build your own Fajitas

Pork, peppers, onions
Wraps
Shredded lettuce, tomato
Grated cheese

Homemade potato wedges, cauliflower and peas

Pasta with a cheesy sauce

Jelly

FRIDAY

Mixed vegetable soup

Jumbo fish fingers
Cauliflower, peppers & chickpea Lasagne (V)

Chunky chips
Sweetcorn and low sugar baked beans

Banana cake

EVERYDAY

Jacket potato with Toppings

Fresh Wholemeal Bread

Seasonally Fresh Whole Fruit

Yoghurt Bar with Toppings

Allergen Key: 1. Milk, 2. Fish, 3. Gluten, 4. Peanuts, 5. Tree nuts, 6. Soya, 7. Sesame, 8. Lupin, 9. Shellfish 10. Molluscs, 11. Egg, 12. Sulphite, 13. Celery, 14. Mustard

*

MENU IS SUBJECT TO CHANGE SHOULD INGREDIENTS BE UNAVAILABLE