

Lunch Menu

MONDAY CHICKEN

	AUG 29 - SEP 01	SEP 05 - SEP 08	SEP 12 - SEP 15	SEP 19 - SEP 22	SEP 26 - SEP 30
Starter	Green Peas with Salted Butter	Steamed Broccoli	Roasted Pumpkin	Steamed Baby Carrots	Green Beans
Main Regular	Chicken Stew with Crushed Potato	Stir Fry Chicken with Egg Noodles	Chicken Meat Balls with Mushroom Sauce with Barley	Chicken Snitzel with Potato Wedges	Chicken Mandi
Main Vegetarian	Veggie Moussaka	Cauliflower and Chickpea Curry with Steamed Rice	Crispy Veggie Balls with Mushroom Sauce with Barley	Lentil Nuggets with Potato Wedges	Vegetable Biryani
Dessert	Date Flapjack Bar	Raisin Flapjack Bar	Apricot Flapjack Bar	Cranberry Flapjack Bar	Honey Flapjack Bar

TUESDAY BEEF

Starter	Cucumber Sticks / Homemade Soup	Lettuce Salad / Homemade Soup	Cherry Tomatoes / Homemade Soup	Lettuce Salad / Homemade Soup	Broccoli and Cucumber Salad / Homemade Soup
Main Regular	Meat Balls with Tomato Sauce with Steamed Rice	Mild Chilli con Carne with Brown Rice	Japanese Beef Curry with Brown Rice	BBQ Beef with Gravy with Wild Rice	Lasagne Bolognese
Main Vegetarian	Quinoa Balls in Tomato Sauce with Steamed Rice	Vegetarian Chilli with Brown Rice	Vegetarian Curry with Brown Rice	BBQ Tofu with Wild Rice	Pumpkin Lasagne
Dessert	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt

WEDNESDAY VEGGIE

Starter	Edamame	Steamed Veggies	Roasted Courgette	Steamed Cauliflower	Carrots and Peas
Main Vegetarian	Zucchini Mac n Cheese / Pasta Bar	Penne with Tomato and Spinach Sauce / Pasta Bar	Creamy Spinach and Tomato Spaghetti / Pasta Bar	Penne with Tomato Sauce / Pasta Bar	Veggie Stir Fry Noodles / Pasta Bar
Dessert	Fruit Salad	Fruit Salad	Fruit Salad	Fruit Salad	Fruit Salad

THURSDAY THEME DAY

Starter	Caprese Salad	Coleslaw Salad	Potato and Leek Soup	Cheese Baby Potato	Spanish Tortilla
Main Regular	Chicken Milanese with Spaghetti Pomodoro	Beef Burger with Oven Fries	Shepherd's Pie with Steamed Vegetables	Swiss Chicken Casserole with Tagliatelle	Slow Cooked Lamb with Roasted Potato
Main Vegetarian	Gnocchi with Tomato	Veggie Burger with Oven Fries	Veggie Wellington with Steamed Vegetables	Stuffed Zucchini	Vegetarian Paella
Dessert	Tiramisu	Cheesecake	Sponge Cake with Lemon Pudding	Strawberry Swiss Roll	Crema Catalana

