

WEEK 1 LUNCH MENU

MEAT FREE MONDAY

Moroccan Chickpea & Vegetable medley with Couscous, salad & Tzatziki
OR

Jacket Potato with Beans or Cheese & Homemade coleslaw & salad

Sultana Flapjacks

Fresh Fruit

TUESDAY

Creamy Spaghetti Carbonara with Garlic bread & Peas or Salad
OR

Creamy Mushroom Spaghetti with Garlic Bread & peas or salad (V)

OR

Jacket Potato with Tuna, Beans or Cheese & Homemade Coleslaw & Salad

Homemade Cake

Fresh Fruit

ROAST WEDNESDAY

Roast Beef with Yorkshire pudding, roast potatoes, vegetables & gravy
OR

Quorn Roast with Yorkshire Pudding, roast potatoes, vegetables & gravy (V)

OR

Jacket Potato with Tuna, Beans or Cheese & Homemade coleslaw & salad

Peach Yoghurt & Peach slices

Fresh Fruit

THURSDAY

Chicken & Vegetable Curry with basmati rice & Naan bread
OR

Chickpea & Vegetable Curry with basmati rice & Naan bread (V)

OR

Jacket Potato with Tuna, Beans or Cheese, Homemade coleslaw & salad

Chocolate Orange sponge & Chocolate custard

Fresh Fruit

FISHY FRIDAY

Breaded Fish Cake with Chips & Peas or Baked Beans
OR

Cheese & Vegetable Puff with Chips & Peas or Baked Beans (V)

OR

Jacket Potato with Tuna, Beans or Cheese, Homemade coleslaw & salad

Raspberry Jam & Coconut Macarons

Fresh Fruit