

# WEEK 2 LUNCH MENU

## MEAT FREE MONDAY

Cheese & Tomato pizza with sweetcorn, coleslaw & salad

OR

Jacket potato with beans or cheese, coleslaw & salad

Caramel Mousse

Fresh fruit

## TUESDAY

Salmon & Broccoli pasta OR Cheesy Broccoli pasta, with garlic bread, peas &/salad

OR

Jacket potato with beans, cheese, or tuna mayo, coleslaw & salad

Raspberry jelly with fresh raspberries

Fresh fruit

## ROAST WEDNESDAY

Roast Chicken OR Quorn Roast with stuffing, roast potatoes, seasonal vegetables & gravy

OR

Wholemeal wrap with ham, cheese or tuna mayo, coleslaw & salad

Chocolate brownie

Fresh fruit

## THURSDAY

Chilli con carne OR Veggie bean chilli with rice & salad

OR

Jacket potato with beans, cheese, or tuna mayo, coleslaw & salad

Bananas & custard

Fresh fruit

## FISHY FRIDAY

Fishcake OR Vegetable Burger with chips & peas or beans

OR

Wholemeal wrap with ham, cheese or tuna mayo, coleslaw & salad

Homemade cake

Fresh fruit

PLEASE NOTE WE HIDE PLENTY OF FRUIT AND VEGETABLES IN OUR DISHES AND SAUCES AND USE LOW FAT, LOW SUGAR AND WHOLEMEAL ALTERNATIVES AS MUCH AS WE POSSIBLY CAN!