



LUNCH MENU

WEEK 1



Est 2011.

	Monday	Tuesday	Wednesday	Thursday	Friday
Protein - meat opt	Beef chilli con carne	Chicken pizza slab	Roast beef slices in gravy	Chicken sausages	Fish fingers
Protein - veg/vegan opt	Veg chilli con carne	Lentil pizza slab	Quorn roast in gravy	Vegetarian sausages	Vegetable nuggets
Starchy food	White rice	Parsley penne pasta	Roast potatoes	Macaroni cheese	Potato fondants
Veg/salad	Steamed carrots	Mixed salad	Green beans and carrots	Sweetcorn	Green peas
Dessert	Fruit fromage frais	Seasonal fruit	Fruit salad	Seasonal fruit	Fruit yogurt