

SUMMER 2021 LUNCH MENU

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/ Fish Main Course	Spaghetti with Vegetable Bolognaise	Sausages	Roast Jerk Chicken & Vegetables		Burgers
Vegetarian Main Course	Ratatouille	Roasted Vegetables	Vegetarian Bake	A feast of Pizzas	Vegetarian Burgers
Carbohydrates	Pasta	Cous Cous	New Potatoes	Wedges	Chips
Vegetables	Broccoli	Peas		Sweetcorn	Baked Beans
Salad	Salad Bar – Seasonal Summer Vegetable	Salad Bar – Seasonal Summer Vegetable	Salad Bar – Caesar Salad	Salad Bar – Tex-mex Salad	Salad Bar – Seasonal Summer Vegetable
Dessert	Fresh Fruit Salad	Fruit lollies	Cheesecake	Jelly and Cream	Banoffee Pie and Cream

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/ Fish Main Course	Jacket Potatoes	A Feast of Curried Vegetables	Japanese Chicken	Macaroni Cheese	Baked Salmon with Rice Salad
Vegetarian Main Course	Baked Beans & Cheese	Samosas	Vegetables Sausages	Pasta with Tomatoes & Herb Sauces	Bean Curry
Carbohydrates		Steamed Rice	Steamed Rice		Steamed Rice
Vegetables	Coleslaw	Potatoes & Cauliflower	Broccoli	Peas	Mixed Vegetables
Salad	Salad Bar – Seasonal Summer Vegetable	Salad Bar – Seasonal Summer Vegetable	Salad Bar – Seasonal Summer Vegetable	Salad Bar – Seasonal Summer Vegetable	Salad Bar – Seasonal Summer Vegetable
Dessert	Sugar-free Yoghurt with Honey	Cheese Cake	Fruit Lollies	Cheese and Crackers	Banoffee Pie and Cream

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/ Fish Main Course	Pasta with Tomato Cheese Bake	Sausages with Roasted Sweet Potatoes	Fried Chicken with Gravy		Pizza
Vegetarian Main Course	Mushroom and Spinach	Beans & Quinoa	Ratatouille	Vegetable Stir fry	Sweet Onion Tart
Carbohydrates		Cous Cous	Rice	Steamed Rice	Chips
Vegetables	Sweetcorn	Summer Vegetables	Mixed Vegetables	Peas	Baked Beans
Salad	Salad Bar – Seasonal Summer Vegetable	Salad Bar – Seasonal Summer Vegetable	Salad Bar – Seasonal Summer Vegetable	Salad Bar – Seasonal Summer Vegetable	Salad Bar – Seasonal Summer Vegetable
Dessert	Fruit Salad	Carrot Cake	Ice Cream	Banoffee Pie and Cream	Jelly and Cream

We always use halal meat. We are also a nut & pork free kitchen. We serve two sugar free desserts. Seconds are available and catered for.