

## Avonmore - SUMMER 2022 LUNCH MENU

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b>	Spaghetti with vegetable and tomato sauce Ratatouille	A Feast of Curried Vegetables	Roasted chicken or cheese panini Avocado, Tomato, Mozzarella & Basil panini	Veggie chilli  Rice & Sour Cream	Fish Fingers  Vegetarian Sausages
<b>Carbohydrates</b>		Steamed Rice Samosas	Tortilla chips	Garlic & Cheese Flatbread	Chips
<b>Vegetables</b>	Broccoli	Potatoes & Cauliflower	Vegetables & Hummus	Sweetcorn	Baked Beans
<b>Salad</b>	Coleslaw Pea, mint and feta salad	Raita Tomato and onion salad	Greek Salad Guacamole	Caesar salad Pepper and cucumber salad	Mixed salad Mango and mint Salad
<b>Dessert</b>	Banana Slices with Mango Sauce	Cheese and crackers	Yoghurt	Banoffee pie	Fruit lollies

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b>	Jacket Potatoes Cheese and beans	Chicken burrito Falafels	Veggie sausages	Macaroni Cheese Pasta with roast vegetable	Veggie burgers
<b>Carbohydrates</b>		Wrap	Steamed Rice New potatoes	Pasta	Chips
<b>Vegetables</b>	Coleslaw	Vegetables & Hummus	Mixed Vegetables	Peas	Baked beans
<b>Salad</b>	Coleslaw Spinach and roasted chickpea salad	Greek salad	Roast veg salad Red cabbage and apple salad	Caesar salad Greek salad	Mixed salad Mango and mint Salad
<b>Dessert</b>	Cheesecake	Yoghurt	Cheese and crackers	Banoffee pie	Fruit Lollies

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b>	Veggie lasagne	Vegetarian Curries Lentil Curry	Roast Chicken Roast Vegetable Quiche	Vegetable tart with herby tomato sauce and cheese	Fish Fingers Vegetarian Sausages
<b>Carbohydrates</b>	Pasta	Rice Chapati	New potatoes		Chips
<b>Vegetables</b>	Sweetcorn	Summer Vegetables	Mixed Vegetables	Corn on the Cob	Baked Beans
<b>Salad</b>	Mixed bean and pepper salad Tomato, onion and feta salad	Raita  Roast veg salad	Avocado salad  Coleslaw	Caesar salad  Greek salad	Mixed salad  Red cabbage and apple salad
<b>Dessert</b>	Cherry Compote with Yoghurt	Cheese and crackers	Chocolate cookies	Banoffee pie	Fruit lollies

### Seasonal Fruit Platter available every day

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.