

WEEKLY MENU

Prep Phase WC 13th May

MONDAY

Soup of the day with home-made bread (G)

Main attraction
Chicken carbonara
Tomato and basil sauce
Mac and cheese

Sides

Garlic bread
Roasted vegetables
Penne pasta

Snack option

Tuna cheese melt

Pudding

Chocolate cake
Yoghurt bar, fruit jelly
Fresh cut fruit

TUESDAY

Soup of the day with home-made bread (G)

Main Attraction
Local sausages
Meat Free
Veggie sausages

Sides

Mashed potato
Green beans and leeks

Snack option

Jacket potato with cheese and beans

Puddings

Fruity crumble with custard (D/S/E)
Yoghurt bar, Fruit Jelly
Fresh cut fruit

WEDNESDAY

Soup of the day with home-made bread (G) & toppings

Main Attraction
Seasoned baked chicken (G)
GF chicken

Meat Free

Vegetarian patties

Sides

Lemon and pepper couscous (G) and chop salad
Gf quinoa

Snack option

Ham or cheese baguettes

Puddings

Fruity fridge cake (G/D/S)
Yoghurt Bar, Fruit Jelly
Fresh Cut Fruit

THURSDAY

Soup of the day with home-made bread (G) & toppings

Main Attraction
Baked gammon

Meat Free

Baked peppers with lentils and halloumi

Sides

Roasted new potatoes
Carrots and green beans

Snack option

Jacket potato with cheese, beans and tuna

Puddings

Shortbread biscuits (G/D)
GF/DF biscuits
Yoghurt bar, Fruit Jelly
Fresh cut fruit

FRIDAY

Soup of the day with home-made bread (G) & toppings

Main Attraction
Tempura fish bites (G)
GF Fish bites

Meat Free

Vegetable and Quorn spring rolls, sweet chilli dip

Sides

Skinny fries
Peas
Beans

Snack option

Chicken Caesar salad wraps

Puddings

Ice cream tubs (D/S)
Yoghurt bar, Fruit Jelly
Fresh Cut Fruit

