

WEEKLY MENU

Prep Phase Lunch Menu

MONDAY

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

Main Attraction
Beef bolognaise

Meat Free
Quorn bolognaise
Tomato and basil sauce

Sides
Twisty pasta(G)
Gf pasta
Sweetcorn

Snack option
Jacket potato with cheese
and beans

Coconut and cherry flapjack
(G/SU)

Puddings
Yoghurt bar, Fruit Jelly
Fresh cut fruit

TUESDAY

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

Main Attraction
Pulled pork gyros (G/S)
GF wraps alternative

Meat Free
Veggie crushed chickpea
gyros (G/S)

Sides
Potato wedges

Snack option
Vegetable sushi

Puddings
Double chocolate and
vegetable brownie (E/D/S)
Yoghurt bar, Fruit Jelly
Fresh cut fruit

WEDNESDAY

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

Main Attraction
Chicken and vegetable
kebabs

Meat Free
Quorn and vegetable kebabs

Sides
Vegetable and egg fried rice

Snack option
Cheese and pickle baguettes
(G/S)

Puddings
Apple crumble with custard
(D)
Yoghurt bar, Fruit Jelly
Fresh cut fruit

THURSDAY

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

Main Attraction
Cottage pie

Meat Free
Mac and cheese with leeks
and sweetcorn

Sides
Carrots and green beans

Snack option
Jacket potato with cheese,
beans and coleslaw

Puddings
Mini Victoria sponge
(G/D/E)
Gf sponge is available
Yoghurt bar, Fruit Jelly
Fresh cut fruit

FRIDAY

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

Main Attraction
Breaded fish goujons (G/E)
GF fish

Meat Free
Tofu, cheese and tomato
salsa pastries

Sides
Chips
Peas

Snack option
Ham and cheese
baguettes(G/S)

Puddings
Cookies(G/D)
Gf/df biscuits available
Yoghurt bar, Fruit Jelly
Fresh cut fruit

