

The Lunch Menu Spring Term - WEEK 2

Week beginning:.....

	Meat free Mondays	Tuesday	Wednesday	Thursday	Friday
Meat hot meal	Macaroni cheese with cauliflower and broccoli florets	Baked pork sausages with baked beans, green beans, crispy bacon and crushed garlic potatoes	Chicken souvlaki with Greek salad and tzatziki sauce, pitta bread	Selection of sandwiches including - egg mayo, tuna mayo, ham, chicken, salami, cheddar cheese and smoked salmon/cream cheese	Fish goujons with minted peas and baked potato pizzaiola
Veg hot meal	Spaghetti with a tomato sauce and cheddar cheese	Vegetable sausages with baked beans, green beans and crushed garlic potatoes	Halloumi cheese with Greek salad and tzatziki sauce, pitta bread		Vegetable goujons with minted peas and baked potato pizzaiola
Side salad	Olives, cherry tomatoes, cucumber, lettuce	Olives, cherry tomatoes, cucumber, lettuce	Olives, cherry tomatoes, cucumber, lettuce	Olives, cherry tomatoes, cucumber, lettuce	Olives, cherry tomatoes, cucumber, lettuce
Fruit/ dessert	Mixed fruit	Mixed fruit	Mixed fruit	Mixed Fruit	Mini waffles with vanilla ice cream

Food is prepared in a nut and sesame free area within a restaurant kitchen, and all foods are prepared fresh daily from nutritious ingredients. The menu remains the same for children with Gluten free diets. Gluten free alternatives are instead prepared in a Gluten free environment and alternative ingredients are used - for example gluten free flour, couscous, rice, pasta and more.