

The Kidz Lunch Co Autumn/ Winter menu - WEEK 1



	Monday	Tuesday	Wednesday	Thursday	Friday
Meat hot meal	Lamb Shepherd's pie	Beef lasagne	Roast chicken with roast potatoes, steamed green peas carrots and gravy	Selection of sandwiches including – egg mayo, tuna mayo, cheese, ham, chicken and salami	Tuna pasta bake with broccoli and sweetcorn
Veg hot meal	Vegetarian Shepherd's pie	Roasted vegetable lasagne	Mozzarella, tomato and basil puff pastry tart with steamed green beans and carrots		Cream cheese and lentil pasta bake with broccoli and sweetcorn
Side salad	Grated carrots, grated beetroot, cherry tomatoes, cucumber, sweetcorn, mixed beans, mixed salad leaves	Grated carrots, grated beetroot, cherry tomatoes, cucumber, sweetcorn, mixed salad leaves	Grated carrots, grated beetroot, cherry tomatoes, cucumber, sweetcorn, mixed beans, mixed salad leaves	Grated carrots, grated beetroot, cherry tomatoes, cucumber, sweetcorn, mixed salad leaves	Grated carrots, grated beetroot, cherry tomatoes, cucumber, sweetcorn, mixed salad leaves, quinoa
Fruit/ dessert	Mixed fruit	Mixed fruit	Mixed fruit	Mixed Fruit	Apple sponge pudding with custard

We operate in a nut free kitchen, and all foods are prepared fresh daily from nutritious ingredients. The menu remains the same for children with Gluten free diets, we just prepare foods in a Gluten free environment and use alternative ingredients - for example gluten free flour, couscous, rice, pasta and more. Thank you.

The Kidz Lunch Co Autumn/ Winter menu - WEEK 2



	Monday	Tuesday	Wednesday	Thursday	Friday
Meat hot meal	Beef mince in a mixed vegetable and tomato sauce served with a potato gratin top	Chicken breast with tomato- sweetcorn and olive sauce served with fusilli pasta	Roast lamb with roast potatoes, steamed carrots, green peas and gravy	Selection of sandwiches including – egg mayo, tuna mayo, cheese, ham, chicken and salami	Salmon pasta bake with sweetcorn and green peas
Veg hot meal	Vegetable mince in a mixed vegetable and tomato sauce served with a potato gratin top	Griddled vegetables with fusilli in tomato - sweetcorn and olive sauce	Roast Quorn with roast potatoes, steamed carrots, green peas and gravy		Vegetable pasta bake
Side salad	Grated carrots, grated beetroot, cherry tomatoes, cucumber, sweetcorn, mixed beans, mixed salad leaves	Grated carrots, grated beetroot, cherry tomatoes, cucumber, sweetcorn, mixed salad leaves	Grated carrots, grated beetroot, cherry tomatoes, cucumber, sweetcorn, mixed beans, mixed salad leaves	Grated carrots, grated beetroot, cherry tomatoes, cucumber, sweetcorn, mixed salad leaves	Grated carrots, grated beetroot, cherry tomatoes, cucumber, quinoa, mixed salad leaves
Fruit/ dessert	Mixed fruit	Mixed fruit	Mixed fruit	Mixed Fruit	Assorted Ice cream pots (chocolate, strawberry, vanilla)

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The Kidz Lunch Co Autumn/ Winter menu – WEEK 3



	Monday	Tuesday	Wednesday	Thursday	Friday
Meat hot meal	Lamb and feta meatballs with couscous	Chicken chasseur with braised rice	Roast beef with roast potatoes, steamed carrots, Yorkshire pudding and gravy	Selection of sandwiches including – egg mayo, tuna mayo, cheese, ham, chicken and salami	Tuna pasta bake with broccoli
Veg hot meal	Potato and spinach tomato stew with couscous	Mediterranean vegetable medley with braised rice	Roast Quorn with roast potatoes, steamed carrots, Yorkshire pudding and gravy		Cauliflower mac and cheese with broccoli
Side salad	Grated carrots, grated beetroot, cherry tomatoes, cucumber, sweetcorn, mixed beans, mixed salad leaves	Grated carrots, grated beetroot, cherry tomatoes, cucumber, sweetcorn, mixed salad leaves	Grated carrots, grated beetroot, cherry tomatoes, cucumber, sweetcorn, mixed beans, mixed salad leaves	Grated carrots, grated beetroot, cherry tomatoes, cucumber, sweetcorn, mixed salad leaves	Grated carrots, grated beetroot, cherry tomatoes, cucumber, sweetcorn, mixed salad leaves
Fruit/ dessert	Mixed fruit	Mixed fruit	Mixed fruit	Mixed Fruit	Vanilla cake and custard

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