

The Kidz Lunch Co Menu Spring Term 2019 - 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, ham, chicken, salami and cheese. | Grilled Salmon with plain rice |
| Veg hot meal | Vegetarian Shepherd's pie | Roasted vegetable lasagne | Vegetable sausages, roast potatoes, steamed green peas carrots and gravy | | Vegetable medley with plain rice |
| Side salad | Raw carrots, sweetcorn, cherry tomatoes, cucumber, lettuce | Raw carrots, sweetcorn, cherry tomatoes, cucumber, lettuce | Raw carrots, sweetcorn, cherry tomatoes, cucumber, lettuce | Raw carrots, sweetcorn, cherry tomatoes, cucumber, lettuce | Raw carrots, sweetcorn, cherry tomatoes, cucumber, lettuce |
| Fruit/ dessert | Mixed fruit | Mixed fruit | Mixed fruit | Mixed Fruit | Carrot Cake with Custard |

We operate in a nut and sesame 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 Menu Spring Term 2019 - WEEK 2



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------|--|---|---|---|--|
| Meat hot meal | Chicken breast with tomato sweetcorn and olive sauce served with fusilli pasta | Lamb Bolognese served with spaghetti and grated cheese | Roast chicken with roast potatoes, steamed carrots, green peas and gravy | Selection of sandwiches including - egg mayo, tuna mayo, ham, chicken, salami and cheese. | Lamb curry (mild) with brown rice |
| Veg hot meal | Griddled vegetables with fusilli in tomato, sweetcorn and olive sauce | Vegetable Bolognese served with spaghetti and grated cheese | Vegetable Burger with roast potatoes, steamed carrots, green peas and gravy | | Chickpea curry (mild) with brown rice |
| Side salad | Raw carrots, sweetcorn, cherry tomatoes, cucumber, lettuce | Raw carrots, sweetcorn, cherry tomatoes, cucumber, lettuce | Raw carrots, sweetcorn, cherry tomatoes, cucumber, lettuce | Raw carrots, sweetcorn, cherry tomatoes, cucumber, lettuce | Raw carrots, sweetcorn, cherry tomatoes, cucumber, lettuce |
| Fruit/ dessert | Mixed fruit | Mixed fruit | Mixed fruit | Mixed Fruit | Beetroot cake and cocoa custard |

We operate in a nut and sesame 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 Menu Spring Term 2019 - WEEK 3



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------|--|---|--|---|--|
| Meat hot meal | BBQ chicken drumsticks with plain rice | Beef Bolognese served with spaghetti and grated cheese | Roast chicken with roast potatoes, steamed carrots, green peas and gravy | Selection of sandwiches including - egg mayo, tuna mayo, ham, chicken, salami and cheese. | Salmon Pasta Bake with Broccoli |
| Veg hot meal | BBQ Quorn pieces with plain rice | Vegetable bolognese served with spaghetti and grated cheese | Vegetable sausages with roast potatoes, steamed carrots, and gravy | | Cheese and tomato pasta bake |
| Side salad | Raw carrots, sweetcorn, cherry tomatoes, cucumber, lettuce | Raw carrots, sweetcorn, cherry tomatoes, cucumber, lettuce | Raw carrots, sweetcorn, cherry tomatoes, cucumber, lettuce | Raw carrots, sweetcorn, cherry tomatoes, cucumber, lettuce | Raw carrots, sweetcorn, cherry tomatoes, cucumber, lettuce |
| Fruit/ dessert | Mixed fruit | Mixed fruit | Mixed fruit | Mixed Fruit | Vanilla cake and custard |

We operate in a nut and sesame 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.