

Sample Lunch Menu

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Main meals	Chicken Tikka Masala GF	Lentil Bolognese GF VV DF	Roast Beef in Gravy GF DF	Sausage & Bean Crumble	Fab Fish Pie GF
Served with	Vegetable Rice GF VV DF	Penne Pasta VV DF & Sweetcorn GF VV DF	Roast Potatoes GF VV DF & Green Beans GF VV DF	Potato Wedges GF VV DF & Peas GF VV DF	Minted Summer Vegetables GF VV DF
Dessert	Chocolate Sponge GF V	Peach & Apricot Compote GF VV DF	Apple Crumble VV DF	Lemon Sponge V DF	Chef's Rice Pudding GF V

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Main meals	Vegetable Lasagne V	Meatballs in Tomato Sauce	Roast Chicken Breast in Gravy GF DF	Vegetarian Cottage Pie GF V	Salmon & Broccoli Bake
Served with	Sweetcorn GF VV DF	Penne Pasta VV DF & Vegetable Medley GF VV DF	Roast Potatoes GF VV DF & Carrots GF VV DF	Mixed Vegetables GF VV DF	Baby Potatoes GF VV DF & Cut Green Beans GF VV DF
Dessert	Apricot Crumble VV DF	Rice Pudding GF V	Bramley Apple Pie VV DF & Custard GF V	Vanilla Sponge GF V	Apple & Strawberry Compote GF VV DF

GF: Gluten Free

V: Vegetarian

VV: Vegan

DF: Made without milk

