

LUNCH MENU

WEEK ONE



The FUTURE of
FOOD

MONDAY

MEAT FREE MONDAY

Butternut mac 'n' cheese

(wheat, milk)

Vegetarian tagine with herby cous cous

(wheat, sulphites)

Garden peas & cauliflower

Vegetarian jelly

Freshly sliced fruits

Greek style yoghurt

(milk)

TUESDAY

Chicken tikka masala

(mustard)

Steamed fluffy basmati rice

Chana masala

(soya)

Naan bread

(wheat)

Roasted honey carrots

Freshly sliced fruits

Greek style yoghurt

(milk)

WEDNESDAY

Beef Bolognese

Spaghetti

(wheat)

Lentil and courgette ragu

(wheat)

Freshly sliced fruits

Greek style yoghurt

(milk)

Crunchy broccoli

Banana flapjack-Nikki to add

(oats, wheat, milk)

THURSDAY

Beef and lentil tacos

Lentil and bean tacos

Mexican rice

Tomato and coriander salsa

(sulphites)

Sour cream and chives

(milk)

Steamed sweetcorn

Freshly sliced fruits

Greek style yoghurt

FRIDAY

MCS Cod fish fingers

(wheat, fish)

Breaded pollock filets

(wheat, fish)

Oven baked chips

Mixed vegetable frittata

(egg, milk)

Chocolate brownie

(wheat, milk, egg, soya)

Greek style yoghurt

(milk)

EVERYDAY

Freshly sliced fruits

Crudites sticks

Homemade bread (wheat)

Jacket potato, baked beans

Yoghurt (milk)

Allergen Key: 1.Milk, 2.Fish, 3.Gluten, 4.Peanuts, 5.Treenuts, 6.Soya, 7.Sesame, 8.Lupin, 9.Shellfish, 10.Molluscs, 11.Egg, 12.Sulphite, 13.Celery, 14.Mustard

MENU IS SUBJECT TO CHANGE SHOULD INGREDIENTS BE UNAVAILABLE