

# LUNCH MENU

WEEK TWO



## MONDAY

### MEAT FREE MONDAY

Mushroom risotto  
Plantilicious pomodoro penne pasta  
(wheat)  
Steamed broccoli  
Yoghurt & Fruits  
(milk)  
Greek style yoghurt  
(milk)  
Apple and cinnamon compote  
(milk)

## TUESDAY

BBQ chicken thigh burger  
Mixed bean burger-Bidfood  
(wheat)  
Brioche bun  
(egg, wheat, milk)  
Potato wedges  
Crunchy slaw  
(egg)  
Mixed salad  
Selection of freshly slide fruits  
Greek style yoghurt  
(milk)

## WEDNESDAY

Chicken chop suey  
(wheat, soya)  
Vegetarian chop suey  
(wheat, soya)  
Steamed fine beans  
Lemon and courgette cake  
(egg, wheat, milk)  
Yoghurt & Fruits  
(milk)

## THURSDAY

Shepherds pie  
(milk)  
Bean Sheperdless pie  
(milk, soya)  
Steamed broccoli  
Selection of freshly slide fruits  
Greek style yoghurt  
(milk)

## FRIDAY

MCS Cod fish fingers  
(wheat, fish)  
Breaded pollock filets  
(wheat, fish)  
Oven baked chips  
Mixed vegetable frittata  
Vegan mince & sweet potato  
quesadillas  
(wheat, milk, soya)  
Orange cake  
(egg, wheat, milk)

## EVERYDAY

Freshly sliced fruits  
Crudites sticks  
Homemade bread (wheat)  
Jacket potato, baked beans  
Yoghurt  
(milk)

AllergenKey: 1.Milk, 2.Fish, 3.Gluten, 4.Peanuts, 5.Tree nuts, 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\***

