

LUNCH MENU

WEEK THREE



The FUTURE of
FOOD

MONDAY

Vegan Bolognese
Spaghetti
(wheat)
Pesto and rucola gnocchi
(milk, wheat)
Roasted cauliflower
Assorted Fruits
Strawberry yoghurt
(milk)

TUESDAY

Chicken teriyaki
(wheat, barley, soya, egg)
Sweet potato cauliflower masala
Coriander rice
Steamed peppers & savoy
cabbage
Yoghurt & Fruits
(milk)

WEDNESDAY

Spicy beef meatballs with pasta
Vegetarian moussaka
(wheat, milk, mustard)
Steamed carrots & green
beans
Apple and berry crumble with
custard
(wheat, milk)
Selection of freshly sliced fruits
Greek style yoghurt
(milk)

THURSDAY

Chicken sausages with thyme
gravy
(wheat, sulphites)
Vegetarian sausages with thyme
gravy
(egg, wheat, milk)
Creamy mash
(milk)
Broccoli & sweetcorn
Yoghurt & Fruits
(milk)

FRIDAY

MCS Cod fish fingers
(wheat, fish)
or
Breaded pollock filets
(wheat, fish)
Oven baked chips
Carrot cake with custard
(wheat, milk, egg)
Minted peas
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