

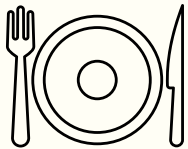
# JUNIOR AND SENIOR LUNCH MENU



## WEEK 3

**\*ALL ALLERGIES CATERED FOR\***

**\*GRAB & GO AND LIGHTER OPTION AVAILABLE DAILY\***



## MONDAY

### MAIN MEAL

Asian Steak Stir Fry served with Bao Buns or Battered Chicken Chunks with Sweet & Sour Sauce  
Vegetable Stir Fry served with Bao Buns (V)  
Vegan Chunks with sweet & sour Sauce

### CARBOHYDRATES & VEGETABLES

Vegetable Noodles  
Mini Vegetable Spring Rolls

### DESSERT (HOT)

Marbled Chocolate & Vanilla Sponge with Custard

### DESSERT (COLD)

Hummus Pots  
Yogurts  
Fruity Jelly  
Fresh Fruit



## TUESDAY

### MAIN MEAL

BBQ Pulled Pork or Tandoori Shredded Chicken in a Naan Bread Pocket  
Halloumi & Chargrilled Vegetables in a Naan Bread Pocket with tahini & Cucumber Sour Cream Dip (V)  
Quorn Vegan Strips in a naan bread pocket BBQ Dip

### CARBOHYDRATES & VEGETABLES

Vegetable Rice  
Corn on the Cob

### DESSERT (HOT)

Mango Sponge with Custard

### DESSERT (COLD)

Fresh Raspberry Trifle  
Yogurts  
Angel Delight  
Fresh Fruit

## WEDNESDAY

### MAIN MEAL

Chicken in Red Pesto & Sundried Tomato Sauce with conchiglie pasta  
Roasted Vegetables in red pesto & sundried tomato sauce (V)  
Conchiglie Pasta with Homemade Tomato Sauce & Vegan Cheese & Vegan Garlic Bread

### CARBOHYDRATES & VEGETABLES

Garlic Bread  
Baby Corn & Sugarsnap Peas

### DESSERT (HOT)

White Chocolate & Raspberry bread & Butter Pudding with Custard

### DESSERT (COLD)

Blueberry Muffins  
Yogurts  
Fruit Jelly  
Fresh Fruit

## THURSDAY

### MAIN MEAL

Roast Turkey with Sage & Onion Stuffing & Cranberry Sauce Meat Gravy  
Roast Quorn Fillet with Sage & Onion Stuffing & Vegetarian Gravy (V)  
Asparagus Risotto

### CARBOHYDRATES & VEGETABLES

Roast & Mashed Potatoes  
Seasonal Fresh Vegetables & Swede Mash

### DESSERT (HOT)

Apple Pie & Custard

### DESSERT (COLD)

Rocky Road  
Yogurts  
Angel Delight  
Fresh Fruit

## FRIDAY

### MAIN MEAL

Chicken Katsu Curry or Crispy Cod in Batter with Tartare Sauce & Lemon  
Cheese & Butternut Squash Pie (V)  
Sweet Potato & Spinach Dhal with Coriander & Spring Onions

### CARBOHYDRATES & VEGETABLES

Half & Half Rice & Chips  
Mixed Vegetables Baked Beans

### DESSERT (HOT)

American Pancakes or Crepes with Blueberries and whipped Cream

### DESSERT (COLD)

Chocolate & Beetroot Brownie  
Yogurts  
Fruit Jelly  
Fresh Fruit