

# weekly menu.

Meal	Mon	Tue	Wed	Thurs	Fri
soup & bread					
	celery soup	white bean soup	lentil soup	mediterranean vegetable soup	tomato
	sesame loaf	poppy seed loaf	wholemeal bread	mixed herb bread	cheese bread
Lunch					
main option 1	hoisin chicken noodles	pork fajita, salsa, guacamole & soured cream	roast gammon & pineapple	spaghetti bolognese	margarita pizza
main option 2	yanchow vegetable & quorn noodles	bean & potato burrito	sweet potato & squash Stew	vegetable lasagne	steamed fish with tomato sauce
sides	ginger & five spice roasted carrots	savoury rice, paprika wedges	roast potato	garlic bread	chips
	bok choi & broccoli	sweetcorn	carrots	sweetcorn	peas
		lemon & chilli courgettes	spring cabbage	roasted red peppers	baked beans
pasta bar	arrabattia or macaroni cheese	carbonara or arrabatia	arrabbattia or spinach & mascarpone	pesto or pasta arrabattia	roast vegetable pasta or arrabattia
jacket potatoes	sausage & beans, baked beans, cheese	feta salad, baked beans or ,cheese	feta salad or cheese, beans	tuna & sweetcorn mayonnaise, cheese or beans	beef chilli, cheese or beans
dessert	ginger & pineapple steamed sponge with custard	coconut rice pudding	chocolate & beetroot cake with cream	twice baked apple crumble & custard	lemon & poppy seed muffins