



LUNCH MENU

WEEK 3

15 - 19
SEPTEMBER

Wide selection of seasonal
fresh fruit and vegetables
offered daily along with
water and milk.

MEAT FREE MONDAY

MAIN CHOICE

Mexican Day

SANDWICH/ROLL

None

VEGETARIAN

Vegetarian chilli
Vegetarian fajitas
Cheese quesadillas

VEGETABLES & SIDES

Rice, sweetcorn,
nachos, guacamole

PUDDING

Fresh fruit

TUESDAY

MAIN CHOICE

Chicken Stir Fry

SANDWICH/ROLL

Cheese

VEGETARIAN

Vegetable Stir Fry

VEGETABLES & SIDES

Egg fried rice, spring
rolls, edamame

PUDDING

Jelly
Fresh fruit

WEDNESDAY

MAIN CHOICE

Spaghetti Bolognese

SANDWICH/ROLL

Ham

VEGETARIAN

Pesto pasta

VEGETABLES & SIDES

Broccoli
Garlic bread

PUDDING

Cheese and biscuits
Fruit salad

THURSDAY

MAIN CHOICE

Handmade pepperoni
pizza

SANDWICH/ROLL

Sausage roll

VEGETARIAN

Margherita pizza

VEGETABLES & SIDES

Corn

PUDDING

Fresh fruit

FRIDAY

MAIN CHOICE

Breaded fish fingers
with tartar sauce

SANDWICH/ROLL

None

VEGETARIAN

Macaroni cheese

VEGETABLES & SIDES

Chips, peas

PUDDING

Fresh fruit