

~Weekly Lunch Menu~



Week 39

Date: 24th September – 28th September 2018

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Snack** 10. ⁰⁰ -10. ³⁰	<i>Cucumber sticks</i> <i>Apple slices</i>	<i>Cherry tomatoes</i> <i>Halved plums</i>	<i>Sliced peppers</i> <i>Kiwis</i>	<i>Cubed beetroot</i> <i>Apricots</i>	<i>Carrot sticks</i> <i>Sliced melon</i>
<i>Choice of juice or water plus a carbohydrate</i>					
Lunch*** 12. ³⁰ -13. ¹⁵	<i>Fish fingers</i> [°] <i>Tartar dip</i> [*] <i>Sweet potato pancakes</i> ^{°*} <i>Green peas</i> ^{°*} <i>Celery sticks</i> <i>Slices of peach</i>	<i>Veal chipolatas</i> <i>Onion sauce</i> ^{°*} <i>Organic rice</i> ^{°*} <i>Autumn vegetables</i> ^{°*} <i>Cucumber sticks</i> <i>Sliced mango</i>	<i>Chicken nuggets</i> [°] <i>Curry dip</i> [*] <i>Country cuts</i> ^{°*} <i>Cubed courgette</i> ^{°*} <i>Carrot sticks</i> <i>Grapes</i>	<i>Omelette</i> [*] <i>Broccoli sauce</i> [*] <i>Fried mini potatoes</i> ^{°*} <i>Yellow bean salad</i> ^{°*} <i>Sliced peppers</i> <i>Bananas</i>	<i>Vegetable spring rolls</i> <i>Sweet and sour dip</i> ^{°*} <i>Organic rice</i> ^{°*} <i>Romanesco</i> <i>Cherry tomatoes</i> <i>Yoghurt with berries</i>
Afternoon Snack 15. ⁰⁰ -15. ¹⁵	<i>Choice of fruit tea or water plus a fruit** and vegetable**</i>				
Alternative Menu	<i>Fish (SG) vegan (AC)§</i> <i>Rice (AC/PR)</i>	<i>Beef burger (PS)</i> <i>Veggie sausage (AB) §</i>	<i>Chicken steak (SG/PS)</i> <i>Falafel (AB/AC) §</i>		<i>Turkey breast (SG/PS)</i>

°Lactose Free
*Gluten Free

**all fruits and vegetables are subject to availability
***Lunch is always served with water