

# ~Weekly Lunch Menu~



Week 41

Date: 8<sup>th</sup> October - 12<sup>th</sup> October 2018

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<b>Snack**</b> 10. <sup>00</sup> -10. <sup>30</sup>	Carrot sticks Grapes	Cubed beetroot Apple slices	Cherry tomatoes Sliced melon	Cucumber sticks Bananas	Sliced peppers Kiwis
<i>Choice of juice or water plus a carbohydrate</i>					
<b>Lunch***</b> 12. <sup>30</sup> -13. <sup>15</sup>	Strips of chicken in a rosemary sauce°* Bow-tie pasta° Sweetcorn salad § Cucumber sticks mandarins Seed cookies	Chicken meatloaf served with gravy°* Brown rice°* Romanesco°* Sliced peppers Halved plums	Spaghetti° Napolí sauce°* Carrot sticks Cucumber sticks Pineapple chunks	Fish fingers° Remoulade dip Lemon rice°* Spinach°* celery Sliced pears	Veal balls served with a cream sauce* Mashed potato°* Green peas°* Carrot sticks Sliced mango
<b>Afternoon Snack</b> 15. <sup>00</sup> -15. <sup>15</sup>	<i>Choice of fruit tea or water plus a fruit** and vegetable**</i>				
<b>Alternative Menu</b>	Vegan (AB/AC) § Rice (SG/PR)	Veggie (AB) §	Pasta* (SG/PR/PS)		Lupin(AC) V(AB)FS Chicken +rice (PR)

°Lactose Free

\*Gluten Free

\*\*all fruits and vegetables are subject to availability

\*\*\*Lunch is always served with water