

# ~Weekly Lunch Menu~



Week 48

Date: 26<sup>th</sup> November - 30<sup>th</sup> November 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>	<i>Cucumber sticks</i> <i>Apple slices</i>	<i>Sliced peppers</i> <i>Mandarins</i>	<i>Carrot sticks</i> <i>Bananas</i>	<i>Cubed beetroot</i> <i>Pineapple chunks</i>	<i>Cherry tomatoes</i> <i>Kiwis</i>
<i>Choice of juice or water plus a carbohydrate</i>					
<b>Lunch***</b> 12. <sup>30</sup> -13. <sup>15</sup>	<i>Linguine°</i> <i>Carbonara sauce*</i> <i>Cubed courgette°*</i> <i>Carrot sticks</i> <i>Sliced pears</i>	<i>Pizza margarita on a whole wheat base</i> <i>Broccoli with almonds</i> <i>Cherry tomatoes</i> <i>Grapes</i>	<i>Vegetable bouillon</i> <i>Bread, cheese and cold meats</i> <i>Cucumber sticks</i> <i>Sliced oranges</i>	<i>Chicken piccata°*</i> <i>Tomato and herb sauce°*</i> <i>Organic pasta°</i> <i>Green peas°*</i> <i>Sliced mango</i>	<i>Pork and veal patty°*</i> <i>Mikado sauce°*</i> <i>Potatoes in skins°*</i> <i>Cauliflower°*</i> <i>Cubed beetroot</i> <i>Sliced melon</i>
<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>	<i>Tomato sauce</i> <i>(AB/AC/MS)</i>	<i>Gluten free pizza (PS)</i>		<i>No chicken (AB)</i>	<i>Vegan nuggets</i> <i>(AB/AC)</i>

°Lactose Free

\*Gluten Free

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

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