

~Weekly Lunch Menu~



Week 2

Date: 7th January - 11th January 2019

| | <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>Sliced peppers</i> <i>Pineapple chunks</i> | <i>Carrot sticks</i> <i>Grapes</i> | <i>Cubed beetroot</i> <i>Bananas</i> | <i>Cherry tomatoes</i> <i>kiwis</i> |
| <i>Choice of juice or water plus a carbohydrate</i> | | | | | |
| Lunch*** 12. ³⁰ -13. ¹⁵ | <i>Veal balls served with cream sauce*</i> <i>Mashed potato°*</i> <i>Green peas°*</i> <i>Carrot sticks</i> <i>Sliced pears</i> | <i>Pork ragout in a mustard sauce*</i> <i>Parsley potatoes°*</i> <i>Broccoli°*</i> <i>Cherry tomatoes</i> <i>Sliced melon</i> | <i>Chicken meatloaf °*</i> <i>Creamed tomato sauce</i> <i>Brown rice°*</i> <i>Romanesco°*</i> <i>Cucumber sticks</i> <i>Mandarins</i> | <i>Linguine°</i> <i>Napoli sauce°*</i> <i>Sweetcorn salad</i> <i>Sliced peppers</i> <i>Sliced mango</i> | <i>Fish fingers°</i> <i>Sour cream dip*</i> <i>Lemon rice°*</i> <i>Spinach°*</i> <i>Celery sticks</i> <i>Orange wedges</i> |
| Afternoon Snack 15. ⁰⁰ -15. ¹⁵ | <i>Choice of fruit tea or water plus a fruit** and vegetable**</i> | | | | |
| Alternative Menu | <i>Falafel (AB/AC/MS)</i> <i>Rice (AC/PR)</i> | <i>Vegetarian (AB)</i> | <i>Vegan nuggets(AB/AC)</i> | | <i>Vegan fish fingers AC</i> <i>Chicken steak PS</i> |

°Lactose Free
*Gluten Free

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