

~Weekly Lunch Menu~



Week 49

Date: 3rd December - 7th December 2018

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Snack** 10. ⁰⁰ -10. ³⁰	Carrot sticks Pineapple chunks	Cucumber sticks Bananas	Sliced peppers Grapes	Cubed beetroot Sliced melon	Cherry tomatoes Kiwi
<i>Choice of juice or water plus a carbohydrate</i>					
Lunch*** 12. ³⁰ -13. ¹⁵	Tagliatelle° Napoli sauce°* Parmesan cheese Sweetcorn salad § Cherry tomatoes Sliced Mango	Chicken chipolatas* Onion sauce°* Boiled potatoes°* Green peas°* Cubed beetroot Sliced pears	Chicken burger°* Curry sauce* Organic rice°* Broccoli°* Carrot sticks Apple slices	Tortellini with ricotta and spinach Tomato & basil sauce°* Green beans°* Sliced red peppers Sliced mango Seed cookies	Fish filet° Yoghurt dip* Salted potatoes°* Romanesco°* Celery sticks Bananas
Afternoon Snack 15. ⁰⁰ -15. ¹⁵	<i>Choice of fruit tea or water plus a fruit** and vegetable**</i>				
Alternative Menu		<i>Veggie sausages (AB)</i>	<i>Vegan burger (AB/AC)</i>		<i>Vegan nuggets (AC)</i> <i>Turkey breast (PS)</i>

°Lactose Free
*Gluten Free

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