

~Weekly Lunch Menu~



Week 37

Date: 10th September - 14th September 2018

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Snack** 10. ⁰⁰ -10. ³⁰	Carrot sticks Apple slices	Sliced peppers Sliced melon	Cubed beetroot Sliced pears	Cucumber sticks Bananas	Cherry tomatoes Kiwis
<i>Choice of juice or water plus a carbohydrate</i>					
Lunch*** 12. ³⁰ -13. ¹⁵	Beef ragout in gravy* Fettuccini° Cubed courgette°* Cherry tomatoes Halved plums	Fish fingers° Remoulade dip* Butter potatoes* Spinach°* Celery sticks Pineapple chunks	Strips of veal in a mustard sauce°* Whole wheat pasta° Green peas°* Cucumber sticks Sliced apple	Tomato sauce with meatballs Spaghetti° Sliced peppers Carrot sticks Grapes	Chicken chipolatas served with gravy* Country cuts°* Courgette salad°* Cubed beetroot Orange wedges
Afternoon Snack 15. ⁰⁰ -15. ¹⁵	<i>Choice of fruit tea or water plus a fruit** and vegetable**</i>				
Alternative Menu	Rice (SG) Vegan (AB/AC) §	Turkey breast (PS)	Pasta (SG)* Vegan (AB/AC)	Tomato sauce (AB) §	Chicken steak (PR)

°Lactose Free
*Gluten Free

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