Lunch Menu 28/05/2018 - 01/06/2018

Date	Monday,28/05/2018	Tuesday,29/05/2018	Wednesday,30/05/2018	Thursday,31/05/2018	Friday,01/06/2018
Main Dish					Baked Fish with Spinach & Fusilli
Vegetarian Option					Lentil & Eggplant Curry with Basmati Rice
Vegetable Sides					Roasted Carrot & Green Beans
Additional Choice					Jacket Potato with Chilli/Cheese/Beans
Daily Salad	Cucumber, Eggs, Carrots, Tomato, Pepper,Lettuce & Fresh Fruit				
Dessert	Dessert of the Day & Dairy Product				

Daily average nutritional reading over the whole week:

Energy(Kcal): 459
Fat (g):15





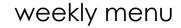
Lunch Menu 04/06/2018 - 08/06/2018

Date	Monday,04/06/2018	Tuesday,05/06/2018	Wednesday,06/06/2018	Thursday,07/06/2018	Friday,08/06/2018
Main Dish	New Orleans Chicken Wings with Potato Wedges	Chinese BBQ Pork with Rice	Fish Finger with Roasted Potato	Chicken Nacho with Fusilli	Beef Lasagne with Garlic Bread
Vegetarian Option	Cheese & Onion quiche	Chinese Rice Noodles	Spinach Frittata	Lentil Fusilli	Vegetarian Lasagna
Vegetable Sides	Cauliflower & Carrot	Garlic Lettuce	Corn on the cob	Cabbage	Roasted Butternut Squash & Green Bean
Additional Choice	Jacket Potato with Chili/Cheese/Baked Beans	Chef Sandwich of the Day	Jacket Potato with Chili/Cheese/Baked Beans	Chef Sandwich of the Day	Jacket Potato with Chili/Cheese/Baked Beans
Daily Salad	Cucumber, Eggs, Carrots, Tomato, Pepper, Lettuce & Fresh Fruit				
Dessert	Dessert of the Day & Dairy Product				

Daily average nutritional reading over the whole week:

Energy(Kcal): 459 Fat (g):15





Lunch Menu 11/06/2018 - 15/06/2018

Date	Meatless Monday, 11/06/2018	Tuesday,12/06/2018	Wednesday,13/06/2018	Thursday,14/06/2018	Friday,15/06/2018
Main Dish	Lentil Spaghetti	Curry Fish with Farfalle	Grilled Pork Chop with Roasted Baby Potato	Beef Stroganoff with Rice	BBQ Chicken wings with Rice
Vegetarian Option	Cauliflower & Quinoa Fritters	Vegetable Pak Thai	Fried Egg with Tomato	Mixed Beans & Cheese Fajita	Chinese Vinegar Potato with Tofu
Vegetable Sides	Roasted Cherry Tomato with Spinach	Garlic Vegetable	Corn & Green Bean	Roasted Butternut Squash, Onion & Pepper	Choy Sum
Additional Choice	Jacket Potato with Chili/Cheese/Baked Beans	Chef Sandwich of the Day	Jacket Potato with Chili/Cheese/Baked Beans	Chef Sandwich of the Day	Jacket Potato with Chili/Cheese/Baked Beans
Daily Salad	Cucumber, Eggs, Carrots, Tomato, Pepper, Lettuce & Fresh Fruit				
Dessert	Dessert of the Day & Dairy Product				

Daily average nutritional reading over the whole week:

Energy(Kcal): 463 Fat (g): 15





Lunch Menu 18/06/2018 - 22/06/2018





Date	Monday,18/06/2018	Tuesday,19/06/2018	Wednesday,20/06/2018	Thursday,21/06/2018	Friday,22/06/2018
Main Dish	Holiday	Hawaiian Pizza with Roasted Potato	Nasi Goreng with Chicken Kebab	Spaghetti Bolognaise with Garlic Bread	Greek-style Roast Fish with Roasted Potato
Vegetarian Option		Corn,Pepper,Cherry tomato& Olive Cheese Pizza	Vegetable Kebab	Cheesy Spaghetti with Broccoli	Burnt Aubergine Veggie Chilli
Vegetable Sides		Corn on the Cob	Garlic Lettuce	Roasted Carrot and Green Beans	Roasted Butternut Squash & Pepper
Additional Choice		Chef Sandwich of the Day	Jacket Potato with Chili/Cheese/Baked Beans	Chef Sandwich of the Day	Jacket Potato with Chili/Cheese/Baked Beans
Daily Salad	Cucumber, Eggs, Carrots, Tomato, Pepper, Lettuce & Fresh Fruit				
Dessert	Dessert of the Day & Dairy Product				

Daily average nutritional reading over the whole week:

Energy(Kcal): 459 Fat (g): 15



Lunch Menu 25/06/2018 - 29/06/2018

Date	Monday,25/06/2018	Tuesday,26/06/2018	Wednesday,27/06/2018	Thursday,28/06/2018	
Main Dish	Teriyaki Chicken with Rice	Roasted Pork with Spaghetti	Beef Burger with Roasted Potato	Sweet & Sour Chicken with Rice	
Vegetarian Option	Steamed Eggs	Vegetable Cottage Pie	Vegetarian Burger	Vegetarian Spring Roll	
Vegetable Sides	Garlic Vegetable	Roasted Cherry Tomato with Spinach	Corn on the Cob	Garlic Lettuce	
Additional Choice	Jacket Potato with Chili/Cheese/Baked Beans	Chef Sandwich of the Day	Jacket Potato with Chili/Cheese/Baked Beans	Chef Sandwich of the Day	
Daily Salad	Cucumber, Eggs, Carrots, Tomato, Pepper, Lettuce & Fresh Fruit				
Dessert	Dessert of the Day & Dairy Product				

Daily average nutritional reading over the whole week:

Energy(Kcal): 468 Fat (g): 16



