



# LUNCHEON MENU 1

Years 5 and Above

Served week: 23<sup>rd</sup> – 27<sup>th</sup> February / 15<sup>th</sup> – 19<sup>th</sup> March, 2020

SUNDAY

## Daily Special

- Mexican beef with nachos (GF)
- Chicken biryani (GF)
- Vegetable pie (VF)
- Whole wheat spaghetti (VF)
- Potato wedges (GF/VF/DF)
- Fresh vegetable selection (GF/VF/DF)

## V/VF/GF/DF Options Available

- Pasta (VF) with blended vegetable & lentil sauce (VF/GF/DF)
- Baked bar
- Panini/wrap/potatoes (VF/GF) with toppings
- Salad selection/salad sandwich selection

MONDAY

## Daily Special

- Chicken in lemon & dill sauce
- Mac and cheese (V)
- Chinese beef with honey & black pepper sauce
- Brown rice (GF/DF/V)
- Basil infused potato (V/DF/GF)
- Fresh vegetable selection (V/DF/GF)

## V/VF/GF/DF Options Available

- Pasta (VF) with blended vegetable & lentil sauce (VF/GF/DF)
- Baked potatoes (VF/GF) with toppings
- Salad selection/salad bar
- Panini, wrap, and sandwich selection

TUESDAY

## Daily Special

- Butter Chicken (GF)
- Beef stew
- Pesto pasta (V)
- Brown rice (GF/DF/V)
- Mashed potato (V)
- Fresh vegetable selection (V/DF/GF)

## V/VF/GF/DF Options Available

- Pasta (VF) with blended vegetable & lentil sauce (VF/GF/DF)
- Baked potatoes (VF/GF) with toppings
- Salad selection/salad bar
- Panini, wrap, and sandwich selection

WEDNESDAY

## Daily Special

- Beef Teriyaki (GF)
- Asian Chicken Noodles
- Fish pie with a cheesy mash topping (GF)
- Brown rice (GF/DF/V)
- Fresh vegetable selection (V/DF/GF)

## V/VF/GF/DF Options Available

- Pasta (VF) with blended vegetable & lentil sauce (VF/GF/DF)
- Baked potatoes (VF/GF) with toppings
- Salad selection/salad bar
- Panini, wrap, and sandwich selection

THURSDAY

## Daily Special

- Beef burger
- Margarita pizza (V)
- Chicken Tandoori kebabs (GF)
- Potato wedges (GF/VF/DF)
- Fresh vegetable selection (V/DF/GF)

## V/VF/GF/DF Options Available

- Pasta (VF) with blended vegetable & lentil sauce (VF/GF/DF)
- Baked potatoes (VF/GF) with toppings
- Salad selection/salad bar
- Panini, wrap, and sandwich selection

Served Daily

\*Soup of the day

\*Daily dessert (V) fresh fruits (VF/GF/DF)

\*Vegetarian options available daily

\*All vegetables are locally sourced where possible

\*Vegetables or side salad served with main meal

\*All sandwich bread, rolls, wraps & pasta are whole-wheat \*rice is brown

\*V-Vegetarian \*VF – Vegan Friendly

\*GF – Gluten Friendly \*Dairy Friendly

\*We follow a no nut policy



# LUNCHEON MENU 2

Years 5 and Above

Served week: 1<sup>st</sup> – 5<sup>th</sup> March / 22<sup>nd</sup> to 26<sup>th</sup> March, 2020

SUNDAY

## Daily Special

- Meatballs in a tomato & basil sauce (GF)
- Chicken and broccoli stir-fry
- Leek & goat cheese quiche (V)
- Whole wheat pasta (V/DF)
- Brown rice (GF/DF/V)
- Potato wedges (GF/DF/V)
- Fresh vegetable selection (DF/GF/V)

## V/VF/GF/DF Options Available

- Pasta (VF) with blended vegetable & lentil sauce (VF/GF/DF)
- Baked potatoes (VF/GF) with toppings
- Salad selection/salad bar
- Panini, wrap, and sandwich selection

MONDAY

## Daily Special

- Roast chicken
- Beef burrito pie
- Caramelized onion pie (V)
- Roast potato (GF/DF/V)
- Brown rice (GF/DF/V)
- Roasted Vegetables (GF/DF/V)

## V/VF/GF/DF Options Available

- Pasta (VF) with blended vegetable & lentil sauce (VF/GF/DF)
- Baked potatoes (VF/GF) with toppings
- Salad selection/salad bar
- Panini, wrap, and sandwich selection

TUESDAY

## Daily Special

- Chicken tikka masala
- Vegetable lasagna (V)
- Pot roast beef tenderloin
- Brown rice (GF/DF/V)
- Minty green pea & potato mash (GF/V)
- Fresh vegetable selection (DF/GF/V)

## V/VF/GF/DF Options Available

- Pasta (VF) with blended vegetable & lentil sauce (VF/GF/DF)
- Baked potatoes (VF/GF) with toppings
- Salad selection/salad bar
- Panini, wrap, and sandwich selection

WEDNESDAY

## Daily Special

- Chicken Sausage with gravy
- Beef stroganoff
- Cheese & sweetcorn pasta bake (V)
- Mashed potato (GF/V)
- Brown rice (GF/DF/V)
- Fresh vegetable selection (DF/GF/V)

## V/VF/GF/DF Options Available

- Pasta (VF) with blended vegetable & lentil sauce (VF/GF/DF)
- Baked potatoes (VF/GF) with toppings
- Salad selection/salad bar
- Panini, wrap, and sandwich selection

THURSDAY

## Daily Special

- Homemade beef burger
- Margarita pizza (V)
- Fish fingers (DF)
- Potato wedges (GF/VF/DF)
- Fresh vegetable selection (V/DF/GF)

## V/VF/GF/DF Options Available

- Pasta (VF) with blended vegetable & lentil sauce (VF/GF/DF)
- Baked potatoes (VF/GF) with toppings
- Salad selection/salad bar
- Panini, wrap, and sandwich selection

Served Daily

\*Soup of the day

\*Daily dessert (V) fresh fruits (VF/GF/DF)

\*Vegetarian options available daily

\*All vegetables are locally sourced where possible

\*Vegetables or side salad served with main meal

\*All sandwich bread, rolls, wraps & pasta are whole-wheat \*rice is brown

\*V-Vegetarian \* VF – Vegan Friendly

\*GF – Gluten Friendly \*Dairy Friendly

\*We follow a no nut policy



# → LUNCHEON MENU 3 ←

Years 5 and Above

Served week: 8<sup>th</sup> – 12<sup>th</sup> March, 2020

SUNDAY

## Daily Special

- Beef lasagna
- BBQ chicken (GF)
- Spinach & feta quiche (V)
- Brown rice (GF/DF/V)
- Potato wedges (V/DF/GF)
- Fresh vegetable selection (DF/GF/V)

## V/VF/GF/DF Options Available

- Pasta (VF) with blended vegetable & lentil sauce (VF/GF/DF)
- Baked potatoes (VF/GF) with toppings
- Salad selection/salad bar
- Panini, wrap, and sandwich selection

MONDAY

## Daily Special

- Beef & broccoli stir fry (GF)
- Chicken pie
- Tomato & basil pasta bake (V)
- Brown rice (GF/DF/V)
- Seasoned roast potato (GF/DF/V)
- Fresh vegetable selection (DF/GF/V)

## V/VF/GF/DF Options Available

- Pasta (VF) with blended vegetable & lentil sauce (VF/GF/DF)
- Baked potatoes (VF/GF) with toppings
- Salad selection/salad bar
- Panini, wrap, and sandwich selection

TUESDAY

## Daily Special

- Chicken curry (GF)
- Cottage pie
- Vegetable ratatouille (GF/DF/V)
- Brown rice (GF/DF/V)
- Fresh vegetable selection (DF/GF/V)

## V/VF/GF/DF Options Available

- Pasta (VF) with blended vegetable & lentil sauce (VF/GF/DF)
- Baked potatoes (VF/GF) with toppings
- Salad selection/salad bar
- Panini, wrap, and sandwich selection

WEDNESDAY

## Daily Special

- Chili beef noodles
- Parmesan crusted chicken
- Vegetable lasagna (V)
- Seasoned potato wedges (DF/GF/V)
- Fresh vegetable selection (DF/GF/V)

## V/VF/GF/DF Options Available

- Pasta (VF) with blended vegetable & lentil sauce (VF/GF/DF)
- Baked potatoes (VF/GF) with toppings
- Salad selection/salad bar
- Panini, wrap, and sandwich selection

THURSDAY

## Daily Special

- Beef burger
- Margarita pizza (V)
- Chicken sausage
- Potato wedges (GF/VF/DF)
- Fresh vegetable selection (V/DF/GF)

## V/VF/GF/DF Options Available

- Pasta (VF) with blended vegetable & lentil sauce (VF/GF/DF)
- Baked potatoes (VF/GF) with toppings
- Salad selection/salad bar
- Panini, wrap, and sandwich selection

Served Daily

\*Soup of the day

\*Daily dessert (V) fresh fruits (VF/GF/DF)

\*Vegetarian options available daily

\*All vegetables are locally sourced where possible

\*Vegetables or side salad served with main meal

\*All sandwich bread, rolls, wraps & pasta are whole-wheat \*rice is brown

\*V-Vegetarian \*VF – Vegan Friendly

\*GF – Gluten Friendly \*Dairy Friendly

\*We follow a no nut policy