

LUNCH

André Malraux

Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STARTER	Selection of Crudités with dips (H)	Carrot salad	Soup of the day	Caser salad	Selection of Crudités with dips (H)
MAIN MEAL	Home Made Pesto Pasta	Sweet & sour chicken served with rice & green beans	Pork Cumberland Sausages	Beef Bourguignon	MSC Haddock Fillet
MEAT FREE	Pesto pasta served with Mixed vegetables	Sweet & sour Quorn served with rice & green beans	Vegetable Sausages	Vegetable Bourguignon	Honey Roasted Vegetable Tart
ON THE SIDE	Mixed Vegetables	rice & green beans	Chips Carrots, Peas & Gravy	cauliflower Puree(H) & broccoli	Couscous & Seasonal Vegetables
DESSERT	Greek & Natural Yoghurt	Ice Cream	Greek & Natural Yoghurt	Flapjack	Greek & Natural Yoghurt
EVERY DAY	Fresh Seasonal Fruit	Fresh Seasonal Fruit & Cheese	Fresh Seasonal Fruit	Fresh Seasonal Fruit & Cheese	Fresh Seasonal Fruit

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Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STARTER	Selection of Crudités with dips (H)	Boiled Eggs	Soup of the day	Cucumber salad	Selection of Crudités with dips (H)
MAIN MEAL	Tomato & Mozzarella Pasta	Butter Chicken Curry(H) Naan Bread	Beef Chilli	Fresh Pork Sausage Roll (H)	Fresh Fish Cake
MEAT FREE	Tomato & Mozzarella Pasta	Butter Vegetable Curry(H) Naan Bread	Veg Chilli	Fresh Cheese & Onion Roll(H)	Fresh Rice & Quinoa Cake
ON THE SIDE	Sweetcorn & Courgettes	Steamed Rice Mixed Vegetables	Couscous Carrots & Broccoli	Mash Potato Seasonal Vegetables	Vegetable Barley Cauliflower & Peas
DESSERT	Yoghurt Bar	Orange Jelly	Yoghurt Bar	Fruit Salad	Yoghurt Bar
EVERY DAY	Fresh Seasonal Fruit	Fresh Seasonal Fruit & Cheese	Fresh Seasonal Fruit	Fresh Seasonal Fruit & Cheese	Fresh Seasonal Fruit

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Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STARTER	Selection of Crudités with dips (H)	Quinoa salad	Soup of the day	Tomato salad	Selection of Crudités with dips (H)
MAIN MEAL	Cheese & onion pasty bake (H)	Fresh Roast Gammon	Beef Bolognese	BBQ Chicken Wings	MSC Fresh Baked Pollock Fillet
MEAT FREE	Cheese & onion pasty bake (H)	Quorn Roast	Vegetable Mince Bolognese	BBQ Vegetables	Spinach & Tomato Tart
ON THE SIDE	Seasonal Vegetables	Sweet Potato Puree(H) Peas	Spaghetti Carrots & Green Beans	Potato wedges (H) Corn	Couscous & Ratatouille
DESSERT	Yoghurt Bar	Strawberry Sundae	Yoghurt Bar	Cookies	Yoghurt Bar
EVERY DAY	Fresh Seasonal Fruit	Fresh Seasonal Fruit & Cheese	Fresh Seasonal Fruit	Fresh Seasonal Fruit & Cheese	Fresh Seasonal Fruit