

# Sample Menu



## Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Tuna & Sweetcorn Pasta Bake	Beef Mince with Mushrooms	Dijon Chicken	Spanish Omlette	Lasagne
v Vegetable Pasta Bake	v Quorn Mince with Mushrooms	v Quorn Dijon	v Spanish Omlette	v Vegetable Lasagne
Continental Bread	Potato and Swede Mash	Golden Vegetable Rice	Potato Wedges	Mixed Salad
Fresh Tomatoes Cucumber & Carrot Batons	Carrots	Broccoli	Green Beans	Breadsticks
Strawberry Yogurt	Creamy Lemon Jelly	Sliced Melon	Cinnamon & Sultana Rice Pudding	Bananas and Custard

## Tea

Tomato & Lentil Soup	Assorted Savoury Sandwiches	Jacket Potato with Cheese or Tuna	Chicken Pitta Pockets	Beans on Toast
v Tomato & Lentil Soup	v Assorted Savoury Sandwiches	v Jacket Potato with Cheese	v Hummous & Pitta Bread	v Beans on Toast
French Bread	Vegetable Batons	Green Salad & Cherry Tomatoes	Sweetcorn and Grated Carrot Salad	Grated Cheese
Peach & Oat Crumble Bar	Banana Custard	Chocolate Cake	Raspberry Yogurt	Fruit Salad

v Denotes Vegetarian option.