

AUTUMN LUNCH MENU



Week 1

Monday

Tuesday

Wednesday

Thursday

Friday

MAIN 1

Plant Packed Lasagne

Chilli & Rice, Hint of Spice

Cheeky Pie (Leek & Potato)

Soba Noodles, Edamame, Pak Choi

Rustic Cheese Pizzette

MAIN 2

Tofu Tacos, Refried Beans

Chicken & Thyme Meatballs, Ragu, Bulgur Wheat

Tuna & Veg Power Pasta

Beef & Bean Chilli, Rice

Jerk Chicken, Sweet Potato Fries

DESSERT

Apple Cake

Fruity Yogurt

Oatmeal Cookie

Banana Bread

Frogurt

SUPER SALAD SIX

Butternut Squash Sauté, Cucumber, Peppers, Broccoli, Coleslaw, Runner Beans with Leaves

Tomato Salsa, Cucumber, Coleslaw, Spinach, Red Cabbage, Sweetcorn

Beetroot Salad, Cucumber, Peppers, Potato Salad, Broccoli, Kale Crisps

Tomato Salsa, Cucumber, Peppers, Sweetcorn, Edamame, Runner Beans with Leaves

Yellow Rice Salad, Cucumber, Radishes, Cherry Toms, Pak Choi, Kale Crisps

INFO

Served Daily:

- **Freshly Baked Bread**
- **Milk** (dairy & non-dairy)
- **Water** (infused & plain)
- **Fresh Fruit**

Underlined dishes contain seasonal produce, at its best right now!

Most dishes can be made **Gluten Free** by prior arrangement. All meat is **Halal**.

Find Out More:



Key:-



Dalmain Primary School

