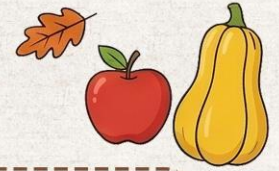


AUTUMN LUNCH MENU



Week 3

Monday

Tuesday

Wednesday

Thursday

Friday

MAIN 1

Cheesy Parmigiana

Mediterranean Quesadillas

Spag Bol, Garlic Bread

Golden Veggie Bake

Ratatouille Puff Pizza

MAIN 2

Jollof Rice, Golden Plantain

Meatballs & Garlic Bread Traybake

Chicken Orzo Salad

Beef Chow Mein

Turkey Burger Sweet Potato Wedges

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:-

| | | | | | | | | | | | | | |
|--------|-----------------|-------------|------|------|-------|------|----------|---------|--------|------|-----------------|------------|-------|
| | | | | | | | | | | | | | |
| Celery | Cereals/ Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Sesame | Soya | Sulphur Dioxide | Vegetarian | Vegan |

