



LUNCH MENU

WEEK 3

Est 2011.

	Monday	Tuesday	Wednesday	Thursday	Friday
Protein - meat opt	Meatballs	Lamb burger	Sliced turkey in gravy	Chicken stew	Fish fingers
Protein - veg/vegan opt	Vegetable meatballs	Vegetable Burgers	Quorn roast in gravy	Vegetable bean stew	Vegetable nuggets
Starchy food	Spaghetti	Mash potatoes	Roast potatoes	White rice	Sweet potato fries
Veg/salad	Carrot batons	Mixed vegetables	French green beans	Broccoli	Baked beans
Dessert	Fruit fromage frais	Seasonal fruit	Fruit salad	Seasonal fruit	Fruit yogurt