



## Lunch menu 2021

Week 1	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Meat or fish or equivalent	Mushroom pasta bolognese	Tuna/egg mayo/ham/cheese sandwiches	Chicken and veg fried rice	Chicken pad thai	Chicken and sticky rice
Plant based	Mushroom pasta bolognese	Vegan sandwiches available	Veg fried rice	Tofu pad thai	Veg Spring rolls and sticky rice
Vegetable side	Carrot	Corn on cob	Morning Glory	Mixed vegetable	Papaya salad
Salad	Mixed salad	Mixed salad	Mixed salad	Mixed salad	Mixed salad

We do not use MSG or palm oil in our cooking. Himalayan pink salt is available. We use iodised salt and coconut sugar. No spicy chilli's used in the food or nuts. Bread is homemade english style for sandwiches and suitable for vegans. Special diets catered for. Please notify of allergies.



## Lunch menu 2021

Week 2	Meat free Monday	Tuesday	Wednesday	Thursday	Friday
Meat or fish or equivalent	Mushroom spaghetti bolognese	Chicken burger	Chicken Pad see ew	Chicken and veg fried rice	Chickn and sticky rice.
Plant based	Mushroom spaghetti bolognese	Vegan burger	Vegan Pad see ew	Veg fried rice	Vegan protein and sticky rice
Vegetable side	Corn on cob	Potato waffles	Sweetcorn	Mixed Veg	Coleslaw
Salad	Mixed salad	Mixed salad	Mixed Salad	Mixed Salad	Mixed Salad

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