

School Lunches: Spring Term Menu

Starting January 2020

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|---|---|
| Main | Bean chilli and rice (GF / DF) | Cauliflower Cheese (GF) | Green peas and pesto pasta (DF) | Vegan Shepherd's Pie (lentil base) (GF / DF) | Pizza and sweet potato wedges |
| Side | Cucumber and sweetcorn salad | Paprika roasted chickpeas | Three Bean Salad | Garlic broccoli and green beans | Salad with cucumber, celery and peppers |
| Dessert | Baked apples and yoghurt | Fruit crumble (apple / pear / plum / berries) (Gluten) Or fresh fruit | Fruit compote and yoghurt (apple / pear) | Flapjacks (Gluten) Or fresh fruit | Fruit (apple / pear / plum / clementine / banana) Or compote |
| Soup options (second choice) | Mon: Carrot and coriander Tue: Winter spiced sweet potato Wed: Leek and potato Thu: Curried cauliflower Fri: Seasonal vegetable soup All soups GF and DF. Either a hearty soup or occasionally served with a bread roll (non GF). | | | | |
| We will not be able to offer GF and DF main options everyday due to low uptake. Every soup will be GF and DF. Full ingredients list to follow next week. | | | | | |