

Lunch Menu – Week 1



MONDAY

Potato, chickpea and spinach curry served with plain naan bread.

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Banana slices served with raisins

TUESDAY

Roast turkey, roast potatoes, cauliflower and cabbage.

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Natural yoghurt.

WEDNESDAY

Cod fillets served with a white parsley sauce, new potatoes and brocolli.

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Homemade sponge cake with a cherry base.

THURSDAY

Diced chicken served in a homemade sweet and sour sauce accompanied with brown rice.

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Vanilla ice cream.

FRIDAY

Minced beef, chopped onions, mushrooms and peppers mixed in a homemade tomato sauce and served with long spaghetti.

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Diced pineapple, honeydew and watermelon fruit salad.