

# PRINCIPALS LUNCH MENU

EVERY DAY WE HAVE FRESHLY BAKED BREAD!

WEEK	DAY	MAINS		SIDES	PUDDINGS
		VEGETARIAN	MEAT		
WEEK 1	24/02/20	MONDAY MIXED BEAN BURRITO <sup>(3)</sup>	NEAPOLITAN PASTA <sup>(3)</sup>	GARLIC BREAD <sup>(1,3,6,11)</sup> , SWEETCORN & PEPPERS, MIXED SALAD	MELON WEDGES
	16/03/20	TUESDAY BUTTERNUT SQUASH, SPINACH & LENTIL DAHL <sup>(3)</sup>	CHICKEN CURRY <sup>(3,14)</sup>	LEMON & CORIANDER RICE, CUMIN SPICED CAULIFLOWER WINGS <sup>(3)</sup> , CUCUMBER & MINT SALAD, CURRY BREAD <sup>(1,3,6,11)</sup>	FRUIT SALAD
	03/04/20	WEDNESDAY CAULIFLOWER CHEESE LOADED YORKIE <sup>(1,3,11)</sup>	ROAST CHICKEN THIGH & GRAVY	SKIN-ON ROAST POTATOES, CARROTS, PEAS, HERBY LOAF <sup>(1,3,6,11)</sup>	FRUIT PLATTER
	04/05/20	THURSDAY COURGETTE, PEA & MINT FRITTATA <sup>(1,11)</sup> BAKED WEDGES	ITALIAN LAMB & BEAN COTTAGE PIE	STEAMED BROCCOLI, TOMATO & SQUASH TABBOULEH SALAD <sup>(3)</sup> , BEETROOT LOAF <sup>(1,3,6,11)</sup>	PINEAPPLE & MELON
	01/06/20	FRIDAY BBQ VEGETABLE PIZZA <sup>(1,3,6,11)</sup>	FISH FINGERS <sup>(2,3)</sup> /SALMON FISHCAKES <sup>(2,3)</sup>	CHIPS, PEAS, BAKED BEANS, SQUASH & BASIL BREAD <sup>(1,3,6,11)</sup>	LIGHT & FLUFFY STRAWBERRY MOUSSE <sup>(1)</sup>
WEEK 2	02/03/20	MONDAY 5 BEAN JAMBALAYA	MAC N CHEESE <sup>(1,3,14)</sup>	GREEN BEAN PROVENCAL, SWEET CHILLI RAINBOW SLAW, CARAMELISED RED ONION BREAD <sup>(1,3,6,11)</sup>	FRUIT SALAD
	23/03/20	TUESDAY BUTTERNUT SQUASH, CARROT & CHICKPEA ROTI	CHICKEN ARRABBIATA & SPAGHETTI <sup>(3)</sup>	GARLIC & HERB FOCACCIA <sup>(1,3,6,11)</sup> , BROCCOLI, TOMATO & BASIL SALAD	PINEAPPLE & MELON
	20/04/20	WEDNESDAY SPINACH, LENTIL & CHEESE SAUSAGE ROLL <sup>(1,11)</sup>	ROAST TURKEY & GRAVY	SKIN-ON ROAST POTATOES, SPRING GREENS, BASHED CARROTS & SWEDDLE, SAGE & ONION LOAF <sup>(1,3,6,11)</sup>	FRUIT PLATTER
	11/05/20	THURSDAY TOMATO & BASIL PASTA BAKE <sup>(1,3)</sup>	CHILLI CON CARNE (LAMB) & RICE	CARROTS, ROAST CORN, PEPPER & CORIANDER SALAD, CHEESE & ONION BREAD <sup>(1,3,6,11)</sup>	FRUIT SMOOTHIE
	08/06/20	FRIDAY VEGGIE SAUSAGE BAGUETTE & ONIONS <sup>(1,3,6,11)</sup>	BATTERED FISH <sup>(1,2,3)</sup>	CHIPS, PEAS, BAKED BEANS, TOMATO, BASIL & PAPRIKA BREAD <sup>(1,3,6,11)</sup>	BANANA LOAF CAKE <sup>(3,11)</sup>
WEEK 3	09/03/20	MONDAY MIXED BEAN CHILLI & RICE	RAINBOW PIZZA <sup>(1,3,6,11)</sup>	GARLIC & HERB DOUGHBALLS <sup>(1,3,6,11)</sup> , SWEETCORN, CELERY <sup>(3)</sup> , APPLE & SULTANA SALAD <sup>(11)</sup>	PINEAPPLE & MELON
	30/03/20	TUESDAY CHEDDAR, LEEK & POTATO BAKED OMELETTE <sup>(1,11)</sup>	SAUSAGE BAGUETTE & ONIONS <sup>(1,3,6,12)</sup>	BAKED WEDGES, RATATOUILLE VEGETABLES, MIXED SALAD, BLACK OLIVE & THYME BREAD <sup>(1,3,6,11)</sup>	FRUIT PLATTER
	27/04/20	WEDNESDAY CARIBBEAN PATTY <sup>(3)</sup>	JERK OR PLAIN CHICKEN THIGH	SKIN-ON ROAST POTATOES, BRAISED RED CABBAGE, CARROTS, ROSEMARY LOAF <sup>(1,3,6,11)</sup>	FRUIT SMOOTHIE
	18/05/20	THURSDAY SWEET POTATO FALAFEL <sup>(3)</sup> , PITTA <sup>(3)</sup> & TZATZIKI <sup>(11)</sup>	KEEMA LAMB PIE <sup>(3,11,14)</sup>	BOMBAY POTATO SALAD <sup>(14)</sup> , GREEN BEANS, CORONATION SLAW <sup>(11)</sup> , CHEESE & TOMATO BREAD <sup>(1,3,6,11)</sup>	FRUIT SALAD
	15/06/20	FRIDAY ROASTED PEPPER & CHEESE QUESADILLA <sup>(1,3)</sup> , TOMATO SALSA	FISH FINGERS <sup>(2,3)</sup>	CHIPS, PEAS, BAKED BEANS, TARRAGON BREAD <sup>(1,3,6,11)</sup>	CHOCOLATE & BEETROOT BROWNIE <sup>(3,11)</sup>

Allergen Key: 1. Milk, 2. Fish, 3. Gluten, 4. Peanuts, 5. Tree nuts, 6. Soya, 7. Sesame, 8. Lupin, 9. Shellfish, 10. Molluscs, 11. Egg, 12. Sulphite, 13. Celery, 14. Mustard

