

SUMMER LUNCH MENU

WEEK ONE

M Lentil Soup 🍏
O Chicken & Ginger Stir Fry 🍏
N Roast Veg & Yogurt Wrap 🍏
 Rice & Baby Potatoes 🍏
 Fruit Filo Tarts 🍏

WEEK TWO

Summer Barley Soup 🍏
 Chicken Paella 🍏
 Feta & Spinach Filo Pie
 Baby Potatoes 🍏
 Lemon Cake

WEEK THREE

Butternut Squash Soup 🍏
 Sesame Chicken Wraps 🍏
 Vegetable Quiche 🍏
 Stuffed Baked Potatoes 🍏
 Pancakes with Summer Fruit

WEEK FOUR

Courgette & Cumin Soup 🍏
 Spaghetti Bolognese 🍏
 Greek Bean Stew 🍏
 Rosemary Potato Squares 🍏
 Fruit Muffins

T Sweet Potato & Coconut Soup 🍏
U Tuna Kebabs 🍏
E Stuffed Tomatoes & Courgettes 🍏
 Parsnip & Sweet Potato Chips
 Baked Cheesecake

Chicken & Sweetcorn Soup 🍏
 Smoked Salmon Kedgeree 🍏
 Pizza
 Baby Potatoes 🍏
 Knickerbocker Glory 🍏

Mushroom Noodle Soup 🍏
 Steak Pie
 Tomato & Mozzarella Pasta Bake 🍏
 Mash Potato 🍏
 Mini Summer Puddings 🍏

Mulligatawny Soup 🍏
 Sausages, Mash & Gravy 🍏
 Tomato & Squash Risotto 🍏
 Mash 🍏
 Fruit Sorbet 🍏

W Spring Vegetable Soup 🍏
E Salmon Fillet 🍏
D Chickpea & Vegetable Burgers 🍏
 Steamed Potatoes 🍏
 Cereal Bars / Fruit Fool

Minted Pea & Yogurt Soup 🍏
 Lamb Sausages & Tomato Relish 🍏
 Cumin Roasted Veg & Couscous 🍏
 Rice or Mash 🍏
 Rhubarb Crumble

Cock a Leckie Soup 🍏
 Poached Salmon & Noodle Broth 🍏
 Butternut, Bean & Ricotta Lasagne 🍏
 Rice or Baby Potatoes 🍏
 Apple Pie & Ice Cream

Roast Tomato Soup 🍏
 Haggis Balls & Beans
 Potato & Squash Gnocchi 🍏
 Baby Potatoes 🍏
 Strawberry & Mint Tart

T Nettle Soup 🍏
H Local Farm Dish 🍏
U Vegetable Curry 🍏
 Mash Potatoes/Rice/Nan Bread 🍏
 Frozen Yogurt 🍏

Leek & Potato Soup 🍏
 Local Farm Dish 🍏
 Roast Pepper & Tomato Pasta 🍏
 Roast Potatoes
 Fruit Waffles

Carrot, Tomato & Cardamon Soup 🍏
 Local Farm Dish 🍏
 Mushroom & Creme Fraiche Pasta 🍏
 Potato Wedges
 Fruit kebabs & Toffee Sauce 🍏

Minestrone Soup 🍏
 Local farm Dish 🍏
 Chinese Vegetable Noodles 🍏
 Homemade Chips/Baby Potatoes
 Lime & Yogurt Cake

F Soup of the Day 🍏
R Panini or Sandwiches
I Baked Potatoes/Salad Bar 🍏

Soup of the Day 🍏
 Panini or Sandwiches
 Baked Potatoes/Salad Bar 🍏

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 Panini or Sandwiches
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 Panini or Sandwiches
 Baked Potatoes/Salad Bar 🍏

3 different vegetables are served with meals each day. Every day Baked Potatoes, Fresh Fruit, and Salads are served.

🍏 Donates a 'Healthy Living Choice' meaning it is made with a minimum of fat and salt