



Post 16

SPRING LUNCH MENU

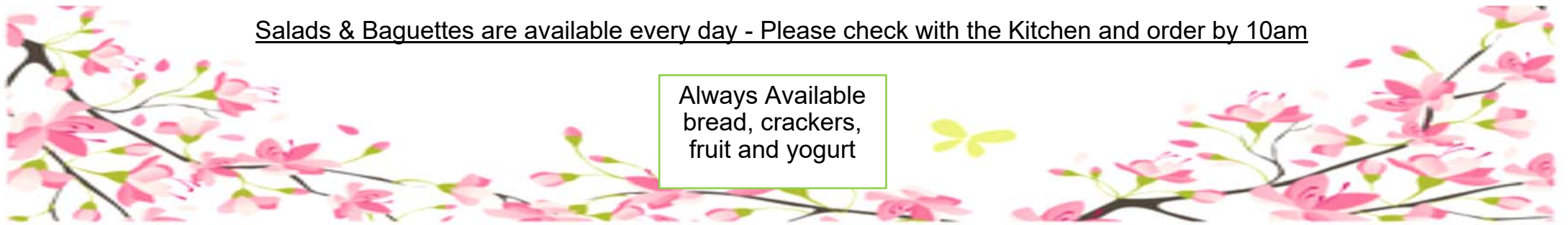
Week 1

FOOD ALLERGY
Please talk to Eve if you would
like more information

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course 1	Chicken Drumsticks	Beef Bolognese	Chicken + Veg Pie	Roast Pork & Stuffing	Meat Pizza
Main Course 2 / Vegetarian	Fish Fingers	Veg Pasta Bake	Vegetable Pie	Cheese & Onion Pasty	Cheese & Tomato Pizza
Vegetable 1	Potato Wedges	Garlic Bread	New Potatoes	Roast Potatoes	Chips
Vegetable 2	Sweet Corn	Green Beans	Broccoli	Mixed Vegetables	
Dessert	Rice Crispie Cake	Lemon Drizzle Cake	Strawberry / Chocolate Mousse	Chocolate Chip Cookie	Doughnuts

Salads & Baguettes are available every day - Please check with the Kitchen and order by 10am

Always Available
bread, crackers,
fruit and yogurt





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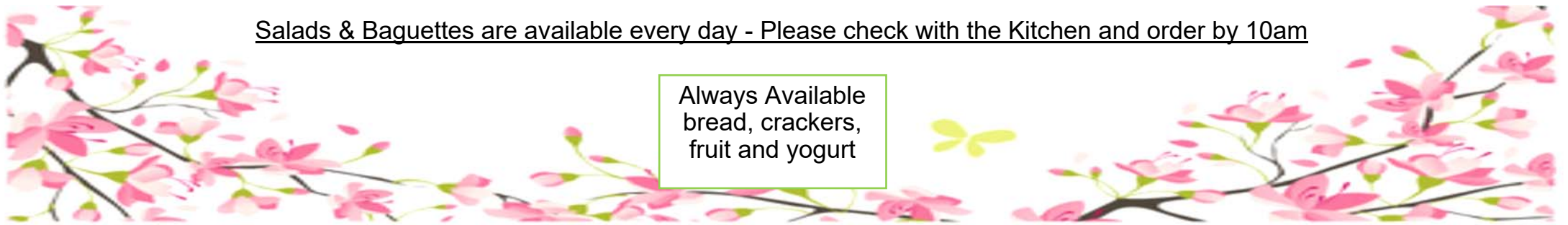
Week 2

FOOD ALLERGY
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	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course 1	Chicken Curry & Naan Bread	BBQ Pork Chop	Cottage Pie	Gammon & Yorkshire Pudding	Sausage
Main Course 2 / Vegetarian	Vegetable Curry & Naan Bread	Fish Fingers	Quorn Pie	Cheese & Onion Pasty	Vegetarian Sausage
Vegetable 1	Rice	Potato Wedges	Carrots	Roast Potatoes	Chips
Vegetable 2	Sweet Corn	Green Beans	Broccoli	Mixed Vegetables	Beans
Dessert	Chocolate Concrete & Custard	Biscuits	Flapjack	Chocolate Sponge	Ice Cream

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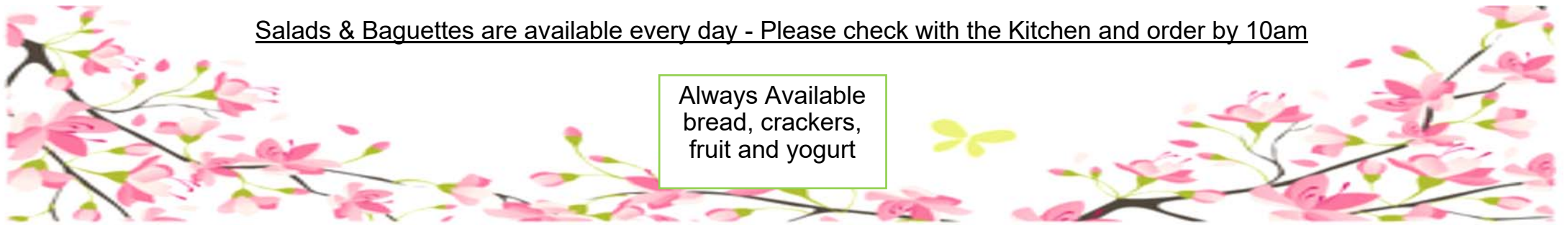
Week 3

FOOD ALLERGY
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	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course 1	Chicken Pasta Bake	Pork Chop with Apple, Tomato & Cheese	Chilli Con Carne	Roast Beef & Yorkshire Pudding	Battered Fish
Main Course 2 / Vegetarian	Macaroni Cheese	Fish Fingers	Quorn Chilli	Cheese & Onion Pasty	
Vegetable 1	Pasta Garlic Bread	Potato Wedges	Rice	Roast Potatoes	Chips
Vegetable 2	Green Beans	Peas	Broccoli	Mixed Vegetables	Mushy Peas Curry Sauce
Dessert	Chocolate Cornflake Cake	Apple Crumble & Custard	Lemon Meringue	Cookies	Cupcakes

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Week 4

FOOD ALLERGY
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	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course 1	Sausage & Onion Gravy	Quiche Lorraine	Lasagne	Roast Chicken & Stuffing	Beef Burger
Main Course 2 / Vegetarian	Fish Fingers	Tomato & Basil Quiche	Vegetable Lasagne	Cheese & Onion Pasty	Chicken Burger Vegetarian Burger
Vegetable 1	Mashed Potato / Pasta	Potato Wedges	Garlic Bread	Roast Potatoes	Chips
Vegetable 2	Green Beans	Peas	Broccoli	Mixed Vegetables	
Dessert	Swiss Roll	Biscuits	Jam & Coconut Sponge & Custard	Short Bread	Cheese Cake

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fruit and yogurt

