

ASHBURNHAM WINTER LUNCH MENU 2019/20

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Soup served with bread and butter	Tomato and Carrot	Pea and Potato	Spiced Lentil and Coconut	Broccoli and Watercress	Tomato and Bean
Main Course	Spaghetti with Veggie Mince Aubergine and Cannellini Bean Caponta	Veggie Lasagne	Roast Chicken Veggie Sausages	Baked Beans Cheese	Mild Mixed Bean Chilli with Potato Wedges
Carbohydrates	Rice or bulgur wheat salad		Roast Potatoes	Jacket Potato	Petit Pois/Garden Peas
Vegetables	Broccoli	Carrots	Cabbage and Peas		Greek Salad
Salads of the Day	Greek Salad Cucumber, Peppers, Onion, Mint and parsley salad	Tomato and Salsa Verdi	Spinach and Chickpea salad	Beetroot, Carrot and Feta	Roasted Vegetables
Dessert served with a portion of fruit daily	Sugar-Free Yoghurt with Honey banana flakes/raisin	Fresh fruit salad	Cubes of Cheddar, Pineapple and crackers	Apple Crumble and Custard	Banoffee Pie with Fresh Cream

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WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Soup served with bread and butter	Tomato and Bean	Pea and Broccoli	Spiced Carrot	Roasted Beetroot	Watercress and Potato
Main Course	Pasta with Cream and Cheese Vegetable Bake with Polenta	Dal Curry	Lamb Sausages Veggie Sausages	Roasted pumpkin/squash risotto	Thin Tomato & Cheese Pizza
Carbohydrates	-	Biryani	Potato and Sweet Potato Mash	-	Sweet Potato Wedges
Vegetables	Steamed Broccoli	Chapati Bread	Petit Pois/Garden Peas	Broccoli	Roasted vegetables
Salads of the Day	Pea, Mint and Feta	Raita Tabouleh	Greek Salad	Tomato Mint & Onion	Caesar Salad Pasta salad
Dessert served with a portion of fruit daily	Fresh Fruit Salad	Carrot Cake	Bannofee Pie	Sticky Toffee	Plain yoghurt with blended fruits

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WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Soup served with bread and butter	Spiced Lentils	Pea and Potato	Mixed Bean	Tomato and Carrot	Mixed Bean
Main Course	Gnocchi with Tomato and Herb Sauce	Coconut Quorn Curry Dal Curry Cauliflower and Potato Curry	Shepherds Pie with Gravy	Moroccan Lamb Stew Moroccan Vegetable Stew	Vegan Chicken Nuggets
Carbohydrates	Bread	Rice		Rice	Chips
Vegetables	Sweetcorn		Green Beans and Peas	Broccoli	Baked Beans
Salads of the Day	Nicoise Salad	Raita Coleslaw	Beetroot, Pear and Feta	Cous Cous and vegetable salad	Peppers, Tomato and Feta
Dessert served with a portion of fruit daily	Sugar-Free Yoghurt with Honey with raisin/banana toppings	Frozen yoghurt or sorbet	Apple Crumble and Custard	Cheddar Cubes with sliced apples and crackers	Sticky Toffee Pudding