

WHAT'S FOR LUNCH?

WEEK

18/03-22/03
2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Tomato sauce pasta Dairy (Milk) & Gluten (Wheat) Carbs 34g	Chilli con carne Legumes Carbs 43g	Tikka masala Chicken Legumes, Gluten(Wheat) Carbs 35g	Chicken sausages Sulphites Carbs 28g	Battered Fish & Chips GLUTEN(WHEAT), & FISH Carbs 32g
MAIN (OPTION 2)	As Option 1 Legumes & Gluten (Wheat)	Quorn/Chilli con carne Legumes, soy, gluten (wheat) Carbs 47g	Tikka Masala Tofu/Halloumi Soy, Legumes, Dairy, Gluten(Wheat), Carbs: 22g	Quorn sausages Soya, Sulphites Carbs 27g	Battered Spicy Tofu/Halloumi fingers GLUTEN,(WHEAT), Dairy(Milk), Sulphites & SOYA Carbs 34g
VEGETABLES	Roasted Chilli Broccoli Carbs 5g	Roast sweet potatoes and greens Carbs 11g	Curried Cauliflower Carbs 5 g	Roast potatoes Carbs: 28g	Carrots & Peas, Ketchup Legumes & SULPHITE Carbs 9
ACCOMPANIMENTS	Garden Salad (Cabbage, Carrots, Cauliflower, Lettuce, Feta & Olives) Dairy, Sulphites Carbs 8g	Sweet corn, cucumber & carrots salad Carbs 8g	Carrots & Cucumber Carbs 9g	Lettuce, Tomato, Cucumber and Beetroot Salad Carbs 9g	Gem lettuce, Carrots, Cucumber Salad Carbs 3.5g
BREAD	No bread	NO BREAD	No Bread	NO BREAD	No Bread

ALLERGY FREE OPTIONS AVAILABLE

CHEFS IN SCHOOLS

DESSERT

Fresh Fruits Carbs 14g	APPLE AND BANANA CAKE Gluten/WHEAT Carbs 21g	Fresh Fruits Carbs 14g	CARROTS AND BANANA CAKE Gluten/WHEAT Carbs 21.5	Fresh Fruits Carbs 14g
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Total Carbohydrates
per Day

ALLERGY FREE OPTIONS AVAILABLE