**SPRING / SUMMER LUNCH MENU WEEK 1**

**Monday**

**Main:** Vegetarian style chicken with gravy, rice and carrots

**Dessert:** Sugar free Apple and Blueberry oat cookies

**Tuesday**

**Main:** Pasta and tomato sauce with broccoli; grated cheese and sweetcorn

**Dessert:** Fruit Salad

**Wednesday**

**Main:** BakedCod/ Haddock in a vegan buttery sauce, bulgur with fresh tomatoes, cucumber,and olives

**Dessert:** NaturalYogurt and fruit puree

**Thursday**

**Main:** Spinach and cheese omelette with sautéed potatoes, tomato sauce and peas

**Dessert:** Sugar Free Apricot slice

**Friday**

**Main:** Fresh baked salmon, roasted potatoes with broccoli

**Dessert:** NaturalYogurt and fruit puree

***Occasionally we may replace an item if unavailable***

***We cater for all dietary requirements, food preferences and allergies***

***Our cakes and cookies are suitable for dairy free and vegan diets.***

***No salt or sugar is used in our food preparation***

**SPRING/ SUMMER LUNCH MENU WEEK 2**

**Monday**

**Main:** Pasta with lentils, tomato sauce, cheese and broccoli

**Dessert:** Bananas and strawberries

**Tuesday**

**Main:** Fisherman’s Pie with peas and sweetcorn

**Dessert:** Sugar free Blueberry Muffin

**Wednesday**

**Main:** Freshly baked chef’s Pizza with salad

**Dessert:** Natural Yogurt and Fruit puree

**Thursday**

**Main:** Tomato, courgettes and Mozzarella bake with grated cheese

**Dessert:** Fruit salad

**Friday**

**Main:** Chef’s own spinach and cheese muffins; salmon nuggets served with roast potatoes and carrots

**Dessert:** Date and orange cookies

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**SPRING/ SUMMER LUNCH MENU WEEK 3**

**Monday**

**Main:** Tuna and sweetcorn fish cakes, buttered orzo with broccoli

**Dessert:** Natural yogurt and fruit puree

**Tuesday**

**Main:** Spanish omelette, cherry tomatoes and cucumber

**Dessert:** Berry mouse

**Wednesday**

**Main:** Leek, carrots, spinach and cannellini beans Pasta Bake, tomato sauce and cheese

**Dessert:** Fruit salad

**Thursday**

**Main:** Salmon Piccata with tomato sauce and roasted potatoes served with cauliflower and grated cheese

**Dessert:** Sugar free Banana cake

**Friday**

**Main:** Tofu and vegetable stir fry with noodles

**Dessert:** Red and Green melon

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