

Brompton Westbrook Weekly Lunch Menu

<<New>>

Week 2

<<New>>

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">Option 1</p> <p>Italian beef lasagne Wholemeal pitta bread Green beans Carrots</p> <p style="text-align: center;">Option 2</p> <p>Macaroni cheese Wholemeal pitta bread Green beans Carrots</p> <p style="text-align: center;">Option 3</p> <p>Tuna mayonnaise in a Wholemeal roll Salad/vegetables</p> <p style="text-align: center;">Salads and Desserts</p> <p>Choice of Freshly prepared salad</p> <p>Apple crumble & custard or fruit yoghurt</p> <p>Seasonal fruit available daily Oily fish available daily Water or Milk Bread</p>	<p style="text-align: center;">Option 1</p> <p>Chicken tikka curry with Wholemeal Rice Mixed Vegetables Green Beans</p> <p style="text-align: center;">Option 2</p> <p>Veggie Meat Balls in Tomato and Herb Sauce with pasta shapes Mixed Vegetables Green Beans</p> <p style="text-align: center;">Option 3</p> <p>Jacket potato with Melted cheese Salad/vegetables</p> <p style="text-align: center;">Salads and Desserts</p> <p>Choice of Freshly prepared salad</p> <p>Banana cake or fruit yoghurt</p> <p>Seasonal fruit available daily Oily fish available daily Water or Milk Bread</p>	<p style="text-align: center;">Option 1</p> <p>Roast Beef with Yorkshire Puddings Roast Potatoes Broccoli and Carrots Gravy suitable for vegetarians</p> <p style="text-align: center;">Option 2</p> <p>Quorn ,lentil & onion Cobbler Roast Potatoes Broccoli and Carrots Gravy suitable for vegetables</p> <p style="text-align: center;">Option 3</p> <p>Cheese sandwich in Wholemeal Bread Salad/vegetables</p> <p style="text-align: center;">Salads and Desserts</p> <p>Choice of Freshly prepared salad</p> <p>Mixed fruit & jelly or fruit yoghurt</p> <p>Seasonal fruit available daily Oily fish available daily Water or Milk Bread</p>	<p style="text-align: center;">Option 1</p> <p>Salmon fish fingers potato Wedges Baked Beans Sweetcorn</p> <p style="text-align: center;">Option 2</p> <p>Cheese & tomato pizza Potato Wedges Baked Beans Sweetcorn</p> <p style="text-align: center;">Option 3</p> <p>Egg Mayonnaise in a Wholemeal tortilla wrap Salad/vegetables</p> <p style="text-align: center;">Salads and Desserts</p> <p>Choice of Freshly prepared salad</p> <p>Raspberry ripple ice creams or fruit yoghurt</p> <p>Seasonal fruit available daily Oily fish available daily Water or Milk Bread</p>	<p style="text-align: center;">Option 1</p> <p>Tuna mayonnaise in a Subway roll Choice of Roasted vegetable Soup</p> <p style="text-align: center;">Option 2</p> <p>Cheese in a Subway roll Choice of Roasted vegetable Soup</p> <p style="text-align: center;">Option 3</p> <p style="text-align: center;">*****</p> <p style="text-align: center;">Salads and Desserts</p> <p>Choice of Freshly prepared salad</p> <p>Lemon shortbread or fruit yoghurt</p> <p>Seasonal fruit available daily Oily fish available daily Water or Milk Bread</p>