



8-13 LUNCH MENU

WEEK ONE

Thursday

Oriental Beef
Served with Hoi Sin noodles

Vegetable Chow Mein
With tofu, noodles & vegetables

Served with stir-fry vegetables
and prawn crackers

Chocolate brownie

Monday

Chicken curry
In a mildly spiced tomato sauce
with onions and peppers

**Chickpea
& sweet potato curry**
In a mildly spiced sauce with
onions and peppers

Served with steamed brown rice
and mini naan bread

Roast Cauliflower & spinach

Apple crumble with custard

Tuesday

Homemade sausage roll
Locally sourced pork from M&K
butchers in Bishopthorpe

Vegan "sausage" roll
With mixed beans, onion & fresh
herbs

Served with mashed potato,
Garden peas and sweetcorn

Raspberry & coconut flapjack

Wednesday

Pasta day
Wholewheat
penne pasta with a lentil, tomato
& basil sauce
or a
creamy cheese sauce

Served with Fresh broccoli and
Roasted peppers
and garlic bread

Lemon drizzle sponge cake

Friday

Battered Cod fish fingers
white fish in a crispy batter

Vegan Garden burger
Broad beans, peas & spinach
coated in breadcrumbs

Served with French fries, baked
beans or mushy peas

Mixed fresh fruit salad

Fun Food Facts

**Cod is high in selenium
which is helpful to the
immune system and
phosphorus which helps
build strong bones & teeth**

**Hoi Sin sauce is Cantonese,
and the name comes from
the Chinese word for
seafood**

Available everyday

Soup of the day
Jacket potatoes
Baked beans
Fresh seasonal salad bar
Crudities table
Homemade sandwiches
Wholemeal bread buns
Whole fruit
Fresh fruit salad
yoghurts