

CtS Lunch Menu

Starting Monday, 16th November 2020

Week 1

MONDAY

Macaroni cheese with Broccoli bake (contains dairy & gluten)

Tomato & fresh basil pasta pot (V)

Tomato & fresh basil pasta pot (G/F)

Vanilla ice-cream (Contains dairy)

Vanilla ice-cream (Dairy free)

Fresh fruit

TUESDAY

Breaded chicken goujons served with baked potato noisettes (contains gluten)

Breaded vegetable goujons served with baked potato noisettes (V) (G/F)

Wholemeal lemon shortbread (contains dairy & gluten)

Oats & fruit biscuit (G/F)

Yoghurt (Contains dairy)

WEDNESDAY

Smoked pork, chicken or veg hotdog in a bun (Bun contains gluten)

Smoked pork, chicken or veg hotdog in a gluten free bun (G/F)

Served with a fresh salad bowl & dressing

Fresh fruit

Alpro vanilla dessert (Dairy free)

Yoghurt (Contains dairy)

THURSDAY

Chicken korma & rice (contains coconut extract)

Vegetable jollof & rice (V)

Banana Flapjack (contains dairy)

Fruity flapjack (Dairy free)

FRIDAY

Margherita pizza, seasoned potato wedges & beans (Contains dairy & gluten)

Margherita pizza, chips & beans (Gluten & dairy free)

Strawberry jelly pot (V)

Fresh fruit

WEEK 2

MONDAY

Spaghetti Bolognese pot

Spaghetti Bolognese pot (G/F)

Sun-dried tomato & spinach pasta pot

Sun-dried tomato & spinach pasta pot (G/F)

Vanilla ice-cream (Contains dairy)

Vanilla ice-cream (Dairy free)

Fresh fruit

TUESDAY

Lamb kofta & rice

Vegetable korma & rice (V) (Contains coconut milk & mustard)

Wholemeal lemon shortbread (contains dairy & gluten)

Oats & fruit biscuit (G/F)

Yoghurt (Contains dairy)

WEDNESDAY

Chicken or Veg burger in a bun served with seasoned crisscut potatoes (Contains gluten)

Veg burger in a bun served with chips (V) (G/F)

Fresh fruit

Yoghurt (contains dairy)

THURSDAY

Chicken tikka masala with rice

Aloo Gobi with rice (V) (G/F)

Banana Flapjack (contains dairy)

Fruity flapjack (Dairy free)

FRIDAY

Breaded cod goujons with chips & beans (Contains fish & gluten)

Jacket potato with beans (V)

Orange jelly pot (V)

Yoghurt (Contains dairy)

Fresh fruit & Crudités Served Daily