



# Summer Menu



## Lunch order menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1,5&amp;9</b>	<b>Chicken Curry with Rice &amp; vegetables</b>	<b>Beef mince with wraps and vegetables</b>	<b>vegetable patty burgers with tomato &amp; lettuce</b>	<b>Cheese Pizza with salad</b>	<b>Lamb mince with penne pasta &amp; vegetables</b>
Dietary/Allergy alternative	Chickpea & potato curry with rice	Vegan mince with wraps and vegetables		Vegan cheese pizza with salad	Lamb mince with penne pasta & vegetables
<b>Week 2, 6&amp;10</b>	<b>Beef Spaghetti Bolognese with vegetables</b>	<b>Lamb curry with wraps &amp; salad</b>	<b>Spinach and cheese gozlemes &amp; bagels with salad</b>	<b>Grilled chicken with penne pasta &amp; vegetables</b>	<b>Chicken stir-fry with rice &amp; vegetables</b>
Dietary/Allergy alternative	Vegan Kofta & Spaghetti with vegetables	Vegetarian sausage curry with wraps & salad		Black beans & lentils with penne pasta and vegetables	Vegetable stir-fry with rice
<b>Week 3&amp;7</b>	<b>Chicken meatballs with creamed corn &amp; vegetables</b>	<b>Vegetable lentil nachos with bean salsa &amp; salad</b>	<b>Lamb risoni with vegetables</b>	<b>chicken and cherry tomato pasta with salad</b>	<b>Beef &amp; black bean stir fry with turmeric rice and vegetables</b>
Dietary/Allergy alternative	Vegan nuggets with creamed corn & vegetables		Falafel with risoni & vegetables	Lentil tomato pasta with salad	Tofu stir fry with vegetables
<b>Week 4&amp;8</b>	<b>Beef Meatballs with spaghetti and roasted vegetables</b>	<b>Butter chicken with rice and vegetables</b>	<b>Creamy mushroom and Vegetable pasta with salad</b>	<b>Grilled chicken with wraps and salad</b>	<b>Sumac lamb with chickpeas and vegetables with spinach</b>
Dietary/Allergy alternative	Vegan Meatballs with spaghetti	Vegetable curry with rice		Vegan sausages with wraps and salad	Chickpeas and mixed beans with vegetables