

LUNCH WEEK 3 MENU



GATEWAYS
SCHOOL

	PASTA MONDAY	HEALTHY TUESDAY	TRADITIONAL WEDNESDAY	INTERNATIONAL THURSDAY	FUN FRIDAY
HOMEMADE SOUP	Broccoli	Vegetable and barley broth	Cream of parsnip and butter bean	Tomato and basil	Butternut squash
MAIN COURSE	Chicken carbonara	Jacket potato bar various fillings	Chicken and vegetable pie	Chinese chicken curry (plain chicken available)	Selection of pizza slices
VEGETARIAN	Spinach, pesto and cherry tomato pasta	Build your own sandwich in wholemeal bread roll	Vegetarian cottage pie	Mild vegetable and Quorn sweet chili noodles	Selection of pizza slices
SIDES	Garden peas Garlic bread Italian roast vegetables	Tortilla crisps Coleslaw Mixed salad	Herby new potatoes Red braised cabbage Carrots	Boiled rice Asian grilled vegetables	French fries Baked beans Sweetcorn
MAIN DESSERTS	Eve's pudding with custard	Fruit crumble with custard	Sticky toffee cake with custard	Cupcakes	Churros with toffee sauce
COLD DESSERTS	Banana sponge	Oat and raisin cookies	Fruit jelly	Fruit salad	Whole fruit

Please note there might be slight variations to the menu due to availability of ingredients