

# LUNCH MENU.

Week 1 - Commencing  
11/11, 25/11 & 09/12



## MONDAY

Main Meal 1

### Beef Bolognese Pasta

Served with Mixed Salad

2

Main Meal 2

### Tomato and Basil Pasta (VE)

Served with Mixed Salad Garlic Bread

2

Desserts

### Strawberry Mousse

7

## THURSDAY

Main Meal 1

### Chicken Korma Curry

Served with Brown and White Rice

2

Main Meal 2

### Spinach and Chickpea Curry (VE)

Served with Brown and White Rice

2

Desserts

### Fruit Cocktail Jelly (VE)

## AVAILABLE DAILY

Wholemeal bread, fresh salads, variety of seasonal fresh fruit, yogurts & jacket potatoes  
PLEASE NOTE THAT ALL OUR DISHES CAN BE ADAPTED TO SUIT THE MAJORITY OF  
DIETARY REQUIREMENTS

## TUESDAY

Main Meal 1

### Beef Burger in a Bap

Served with Sweetcorn & Baked Wedges

2

Main Meal 2

### Vegetable Burger in a Bap (VE)

Served with Sweetcorn & Baked Wedges

2

Desserts

### Cherry Cinnamon Wrap

2,7

## FRIDAY

Main Meal 1

### MSC Pollock or Salmon Fish Fingers

Served with Chips & Beans or Peas

2,5

Main Meal 2

### Quorn Nuggets (VE)

Served with Chips & Baked Beans or Peas

2,

Desserts

### Selection of Puddings – Ask for allergens

## WEDNESDAY

Main Meal 1

### Roast Gammon

Served with Roast Potatoes & Seasonal Vegetables

Main Meal 2

### Vegetarian Sausage Roast (VE)

Served with Roast Potatoes & Seasonal Vegetables

2,7,9

Desserts

### Apple Crumble with Custard

2,7

## ▲ ALLERGEN KEY

1. Celery

2. Gluten

3. Crustaceans

4. Eggs

5. Fish

6. Lupin

7. Milk

8. Molluscs

9. Mustard

10. Peanuts

11. Sesame

12. Soybeans

13. Sulphites

14. Tree nuts



# LUNCH MENU.

Week 2 - Commencing  
18/11, 02/12 & 16/12



**GREENSHAW**  
LEARNING TRUST

## MONDAY

Main Meal 1

### Pepperoni Pizza

Served with Salad and Wedges  
2,7

### Cheese & Tomato Pizza

Served with Salad and Wedges  
2,7

Desserts

### Chocolate Vanilla Mousse

7

## TUESDAY

Main Meal 1

### BBQ Chicken

Served with Coleslaw and Cowboy Rice  
4

Main meal 2

### Roasted Vegetable Chilli

Served with Coleslaw and Cowboy Rice  
4

Desserts

### Strawberry Flapjack

2,7

## WEDNESDAY

Main Meal 1

### Sausage Roast

Served with Roast Potatoes & Seasonal Vegetables  
2

Main meal 2

### Cheese and Onion Swirl

Served with Roast Potatoes & Vegetables  
2,4,7

Desserts

### Carrot Cake

2,4,7 – Milk Free if served with no Frosting



## THURSDAY

Main Meal 1

### Beef Lasagne

Served with Sweetcorn and Garlic Bread  
2,7

Main Meal 2

### Roasted Vegetable Lasagne

Served with Sweetcorn and Garlic Bread  
2,7

Desserts

### Lemon Drizzle Cake

2,4

## FRIDAY

Main Meal 1

### MSC Pollock or Salmon Fish Fingers

Served with Chips & Beans or Peas  
2,5

Main Meal 2

### Falafel Wrap (VE)

Served with Chips Baked Beans & Peas  
2

Desserts

### Selection of Puddings

▲ Please ask

## ▲ ALLERGEN KEY

1. Celery

2. Gluten

3. Crustaceans

4. Eggs

5. Fish

6. Lupin

7. Milk

8. Molluscs

9. Mustard

10. Peanuts

11. Sesame

12. Soybeans

13. Sulphites

14. Tree nuts

## AVAILABLE DAILY

Wholemeal bread, fresh salads, variety of seasonal fresh fruit, yogurts & jacket potatoes  
PLEASE NOTE THAT ALL OUR DISHES CAN BE ADAPTED TO SUIT THE MAJORITY OF DIETARY  
REQUIREMENTS

