# LBC Spring Menu 2020

## Monday
- **Option 1**: Chicken Curry
- **Option 2**: Lentil & Sweet Potato Curry with Rice
- **Carbs**: 50/50 Rice
- **Vegetables**: Sweetcorn Cabbage
- **Dessert**: Fresh Fruit & Yoghurt Station

## Tuesday
- **Option 1**: Spaghetti & Vegetable Pasta
- **Option 2**: Macaroni Cheese
- **Carbs**: Spaghetti or Macaroni
- **Vegetables**: Roasted Vegetables
- **Dessert**: Peach Cake with Custard

## Wednesday
- **Option 1**: Roast Chicken, Stuffing, & Gravy
- **Option 2**: Vegetable Wellington with Gravy
- **Carbs**: Roast Potatoes or New Potatoes
- **Vegetables**: Carrots
- **Dessert**: Grapes, Cheese & Crackers

## Thursday
- **Option 1**: Chicken Sausages & Gravy
- **Option 2**: Linda McCartney Sausages & Gravy
- **Carbs**: Mashed Potatoes
- **Vegetables**: Cauliflower Broccoli
- **Dessert**: Apple Flapjack

## Friday
- **Option 1**: White Fish Fingers/Salmon Fish Fingers
- **Option 2**: Bean & Lentil Burger
- **Carbs**: Baked Chips or Couscous
- **Vegetables**: Baked Beans Peas
- **Dessert**: Fresh Fruit & Yoghurt Station

## Available Daily
- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection

## Allergy Information
If your child has an allergy or intolerance, please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.