

LBC SPRING MENU 2020

Monday

Tuesday

Wednesday

Thursday

Friday

	Monday	Tuesday	Wednesday	Thursday	Friday	
WEEK ONE 6 Jan 27 Jan 24 Feb 16 Mar	Option 1	Chicken Curry 	Tomato & Vegetable Pasta 	Roast Chicken, Stuffing, & Gravy	Chicken Sausages & Gravy	White Fish Fingers/ Salmon Fish Fingers 
	Option 2	Lentil & Sweet Potato Curry with Rice 	Macaroni Cheese	Vegetable Wellington with Gravy 	Linda McCartney Sausages & Gravy 	Bean & Lentil Burger 
	Carbs	50/ 50 Rice 	Spaghetti or Macaroni	Roast Potatoes or New Potatoes	Mashed Potatoes	Baked Chips or Couscous
	Vegetables	Sweetcorn Cabbage	Roasted Vegetables	Carrots Green Beans	Cauliflower Broccoli	Baked Beans Peas
	Dessert	Fresh Fruit & Yoghurt Station	Peach Cake with Custard Yoghurt / Fresh Fruit	Grapes, Cheese & Crackers Yoghurt / Fresh Fruit	Apple Flapjack Yoghurt / Fresh Fruit 	Fresh Fruit & Yoghurt Station
WEEK TWO 13 Jan 3 Feb 2 Mar 23 Mar	Option 1	Cheese & Beef Pizza with Salad	Chicken & Apricot Tagine	Roast (as advertised) & Gravy	Mexican Beef 	Breaded Fish 
	Option 2	Cheese & Tomato Pizza with Salad	Vegetable & Apricot Tagine 	Quorn Roast Fillet with Gravy	Mexican Beans 	Cheese Frittata
	Carbs	Pizza 	50/ 50 Rice 	Roast Potatoes or Mashed Potatoes	50/50 Rice 	Baked Chips or Couscous
	Vegetables	Sweetcorn Roast Tomatoes	Peas Cauliflower	Carrots Green Beans	Sweetcorn Broccoli	Baked Beans Peas
	Dessert	Oaty Pear Crumble & Custard Yoghurt / Fresh Fruit 	Fresh Fruit & Yoghurt Station	Apple, Cheese & Crackers Yoghurt / Fresh Fruit	Orange & Lemon Shortbread Yoghurt / Fresh Fruit	Fresh Fruit & Yoghurt Station
WEEK THREE 20 Jan 10 Feb 9 Mar 30 Mar	Option 1	Spaghetti Bolognese 	Chicken Stir Fry	Roast (as advertised) & Gravy	Chicken & Sweetcorn Pie & Gravy	Fish in Batter 
	Option 2	Chickpea Curry 	Soya Mince Stir Fry 	Potato & Courgette Layer Bake	Vegetable Hotpot 	Cheese & Tomato Quiche
	Carbs	Spaghetti or 50/50 Rice 	Egg Noodles or 50/50 Rice 	Roast Potatoes or New Potatoes	Mashed Potato	Baked Chips or Couscous
	Vegetables	Sweetcorn Broccoli	Green Beans Cauliflower	Carrots Peas	Swede & Carrot Mash	Baked Beans Peas
	Dessert	Fresh Fruit & Yoghurt Station	Chocolate & Orange Brownie Yoghurt / Fresh Fruit	Mixed Fruit Salad Yoghurt / Fresh Fruit	Apple Sponge & Custard Yoghurt / Fresh Fruit	Fresh Fruit & Yoghurt Station

-  Added Plant Power
-  Vegan
-  Wholemeal
-  Oily Fish
-  Marine Stewardship Council
www.msc.org
Chair of Custody
Reg Code: MML-C1009

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.