

LBC SPRING MENU 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	
WEEK ONE 6 Jan 27 Jan 24 Feb 16 Mar	Option 1	Tomato & Vegetable Pasta 	Chicken Curry 	Roast Chicken with Stuffing & Gravy	Chicken Sausages & Gravy	White Fishfingers Salmon Fishfingers
	Option 2	Macaroni Cheese	Lentil & Sweet Potato Curry 	Vegetable Wellington with Gravy 	L. McCartney Sausages & Gravy 	Bean & Lentil Burger 
	Carbohydrate	Spaghetti or Macaroni	50/ 50 Rice 	Roast Potatoes or New Potatoes	Mashed Potatoes	Baked Chips or Couscous
	Vegetables	Roasted Vegetables	Sweetcorn - Cabbage	Carrots Green Beans	Cauliflower Broccoli	Baked Beans Peas
	Dessert	Peach Cake with Custard Yoghurt & Fresh Fruit	Fresh Fruit & Yoghurt Station	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	Roasted Vegetable Wholemeal French Bread Pizza	Chicken and Apricot Tagine	Roast (as advertised), and Gravy	BAKED POTATO 	Breaded Fish
	Option 2	Cheese & Tomato Pizza with Salad	Vegetable and Apricot Tagine 	Quorn Roast Fillet with Gravy	Mexican Beans 	Cheese Frittata
	Carbohydrate	Pizza 	50/50 Rice 	Roast Potatoes or Mashed Potatoes	50/50 Rice 	Baked Chips or Couscous
	Vegetables	Sweetcorn Roasted Tomatoes	Peas Cauliflower	Carrots Green Beans	Sweetcorn Broccoli	Baked Beans Peas
	Dessert	Oaty Peach 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	SOUP and Baguette. 	Chicken Stir Fry	Roast (as advertised) & Gravy	Chicken & Sweetcorn Pie & Gravy	Fish in Batter
	Option 2		Soya Mince Stir Fry 	Potato & Courgette Stack	Vegetable Hotpot 	Cheese and Tomato Quiche
	Carbohydrate	50/50 Rice 	Egg Noodles or 50/50 Rice 	Roast Potatoes or New Potatoes	Mashed Potato	Baked Chips or Couscous
	Vegetables	Carrots Broccoli	Green Beans Cauliflower	Sweetcorn 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

Available Daily:

- Freshly cooked jacket potatoes with a choice of fillings
- 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 & 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 & due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.