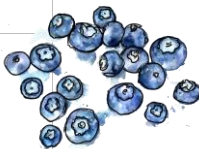




Lunch Menu Spring Summer 2023

WEEK 1	LUNCH	
MONDAY	Jacket Potato w Sweetcorn & lettuce Cheese Potato, lettuce, Sweetcorn, Cheese (Milk), Spring Onion, Mayonnaise (Egg), Vinegar,	Melon Selection Honey Dew & Cantaloupe Melon
TUESDAY	Spaghetti lentil Bolognese Spaghetti (Wheat) Pea, lentil Corn, Carrots, Onion, Tomato, Veg stock & Green beans	Vegan Orange Jelly w Mandarin Vegan Jelly & Mandarin
WEDNESDAY WORLD FOOD DAY THAILAND	Egg Chicken Thai Rice Rice, Onion, Turmeric, Corn, Peas, Carrots, Egg Chicken, Veg stock, Lemongrass, Garlic, Sweet pepper	Banana, Coconut & Caramel Yogurt Banana, Coconut & Caramel Sauce & Yogurt (Milk)
THURSDAY	Chicken Mushroom Hotpot w Carrots Chicken, Mushrooms, Potatoes, Gravy, Carrots Peas, Corn, Green beans, Veg stock, Onion, Thyme	Lemon & Blueberry Cake Lemon Juice, Blueberries, Flour(Wheat), (Egg) (Milk)
WEEK 2	LUNCH	
MONDAY	Fish Pie Mac 'n' Cheese White Fish, Pasta(wheat) Cheese(milk), Peas, Corn, Carrot,s Green beans, Margarine, Vegetable oil	Satsumas Satsumas
TUESDAY	Lasagne w Pasta Sheets(Wheat), Beef, Cheese(milk) Tomato, Onion, Peas, Corn, Carrots, Green beans, Garlic, Thyme	Peach w Strawberry Yogurt Strawberries, Peach & Yogurt (Milk)
WEDNESDAY WORLD FOOD DAY CARIBBEAN	Mango Chicken Curry & Rice Chicken, Mango, Onion, Garlic, Thyme, Potato, Rice, Carrots, Peas, Sweet peppers, Tomato Veg stock	Jamaican Ginger Cake Flour(Wheat), (Milk) Egg Ginger baking powder cinnamon nutmeg honey
THURSDAY	Potato Cheese & Onion Pie w Peas Potato Cheese (Milk) Onion, Chives & Peas	Apple & Raisin Crumble Apple, Raisins, Oats, Crumble mix, Flour (Wheat) & Egg



WEEK 3	LUNCH	
MONDAY	Turkey Sloppy Joe N Jacket potato Potato, Turkey, Tomato, Kidney beans, Onion, Sweet peppers, Garlic, Thyme, Veg stock, Butternut squash	Apples Apples
TUESDAY	Shepherds Pie 'n' Peas Peas, Potato, Onion, Lentils, Veg stock, Carrots, Peas Green beans, Gravy	Vegan Lime Jelly w Melon Vegan Jelly, Gala Melon
WEDNESDAY WORLD FOOD DAY MEXICO	Mexico Chicken Tomato Fajitas Wraps (Wheat) Chicken Tomato Onion Carrots Veg stock, Sweet peppers, Cheese (Milk) Garlic, Corn, Peas	Chocolate Yogurt w Berry coulis Cocoa powder, Yogurt (Milk), Raspberry & Blueberry
THURSDAY	Creamy Tuna & Leek Pasta Bake Pasta (Wheat) Tuna, Leeks, Milk Cheese (Milk) Potato, Peas & Garlic	Toffee & Banana Cake Toffee, Banana, Flour (Wheat), Egg Milk , Cinnamon
WEEK 4	LUNCH	
MONDAY	Country Beef Stew w Crusty Bread Beef, Bread (wheat) Beef, Leeks, Cabbage, Peas, Carrots, Onion, Veg stock, Gravy, Potato	Banana
TUESDAY	Chicken 'n' Sweet Potato Coconut Curry w Rice Sweet Potato, potato onion garlic coconut milk peas carrots rice veg stock	Peach & Raspberry Jelly Peaches, Raspberries & Vegan Raspberry Jelly
WEDNESDAY WORLD FOOD DAY ITALY	Pesto Pea Pasta w Cheese Pasta (wheat) Pea, Onion, Basil, Garlic, Olive oil, Cheese (Milk)	Yogurt Topped w Biscoff Yogurt (Milk) & Biscoff Biscuit (Wheat)
THURSDAY	Cheesy Bake Bean & Veg Sausage Pie Potato, Cheese (Milk) Haricot Beans, Tomato, Veg Sausage, Carrots, Pea Protein, Onion & Garlic	Strawberry, Apple & Apricot Crumble Strawberries, Apples, Apricot, Oats, Flour (Wheat) & Egg

Have a question?

Give us a call on 0208 528 3200 or email us at info@thekidzcleankitchen.co.uk



