



LUNCH

Grace Dieu Manor School Week 11

Wc 18th June 2018



Monday

Tuesday

Wednesday

Thursday

Friday

Every Day

Main option

Beef fajita with tortilla wrap

Chicken goujons with katsu curry sauce

Honey glazed gammon

Moroccan style lamb shoulder with minted yoghurt

Salmon & sweet potato fish cakes

Vegetarian

Creamy vegetable korma

Falafel with cous cous & mint yoghurt

Breaded halloumi with salsa

Seasonal vegetable & butter bean crumble

Breaded quorn strips with a homemade spiced ketchup

And to go with...

Mexican style rice
Sour cream
Guacamole
Salsa
Roasted peppers

Steamed jasmine & brown rice
Pak choi

New potatoes with parsley
Steamed broccoli

Herb & lemon cous cous
Roasted courgette

Mixed steamed greens
Simply steamed potatoes

Freshly made bread of the day

Greek yoghurt with mixed fruit topper

Pasta & Potato Bar

Penne arrabbiata

Sweet potato jacket with bean curry

Roasted vegetable lasagne

Hasselback with grated mature cheddar

Spaghetti with fresh tomato sauce & basil

Selection of fresh fruit

Scrummy puds

Marmalade pudding & custard

Beetroot brownie

Sultana sponge and vanilla sauce

Orange chocolate mousse

Traffic light jelly pots

