

Brompton Westbrook Weekly Lunch Menu

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Option 1	Option 1	Option 1	Option 1
Italian beef lasagne Wholemeal pitta bread Green beans Sweetcorn	Sliced Gammon with Pineapple New potatoes Garden peas Carrots	Roast chicken Roast potatoes Savoy cabbage Swede Gravy suitable for vegetarians	Beef burger in a w/m bun French fries Sweetcorn/pepper medley Baked beans	Ham subway w/m roll Tomato and basil soup
Option 2	Option 2	Option 2	Option 2	Option 2
Vegetable omelette Vegetable couscous Green beans Sweetcorn	Vegetable & chick pea pie New potatoes Garden peas Carrots	Quorn pieces Roast potatoes Savoy cabbage Swede Gravy suitable for vegetarians	Cheese/tomato/basil pizza French fries Sweetcorn/pepper medley Baked beans	Cheese subway w/m roll Tomato and basil soup
Option 3	Option 3	Option 3	Option 3	Option 3
Jacket potato Tuna mayonnaise Salad/vegetables	Egg and salad cream in a wholemeal bap Salad/vegetables	Ham wholemeal Sandwich Salad/vegetables	Chicken/coleslaw wrap Salad/vegetables	
Salad and Desserts	Salad and Desserts	Salad and Desserts	Salad and Desserts	Salad and Desserts
Freshly prepared salad cart	Freshly prepared salad cart	Freshly prepared salad cart	Freshly prepared salad cart	Freshly prepared salad cart
Chocolate & mandarin sponge with chocolate sauce or fruit yogurt Seasonal fruit available daily	Creamy rice pudding with sultanas or fruit yogurt Seasonal fruit available daily	Spiced fruit muffins or fruit yogurt Seasonal fruit available daily	Fruit salad & ice cream or fruit yogurt Seasonal fruit available daily	Oat cookie and milk or fruit yogurt Seasonal fruit available daily
Water or milk Bread	Water or milk Bread	Water or milk Bread	Water or milk Bread	Water or milk Bread