

Brompton Westbrook Weekly Lunch Menu

Week 4

Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Option 1	Option 1	Option 1	Option 1
Mince beef and lentil cobbler Diced potatoes in veggie stock Green beans Cauliflower	Tuna pasta bake with garlic bread Sweetcorn Mixed vegetables	Roast Pork Roast potatoes Broccoli Carrots Gravy suitable for vegetarians	BBQ chicken breasts Croquet potatoes Baked beans Mushy peas	Ham subway w/m roll minestrone soup
Option 2	Option 2	Option 2	Option 2	Option 2
Creamy vegetable pasta bake Wholemeal pitta bread Green beans Cauliflower	Quorn chilli con carne with wholemeal rice Sweetcorn Mixed vegetables	Quorn pieces Roast potatoes Broccoli Carrots Gravy suitable for vegetarians	Veggie burgers in a w/m soft roll Croquette potatoes Baked beans Mushy peas	Cheese subway w/m roll minestrone soup
Option 3	Option 3	Option 3	Option 3	Option 3
Egg & cress sandwich in wholemeal bread Salad/vegetables	Jacket potato with cheese & coleslaw Salad/vegetables	Beef wholemeal roll Salad/vegetables	Tuna/salad cream wrap Salad/vegetables	
Salads and Desserts	Salads and Desserts	Salads and Desserts	Salads and Desserts	Salads and Desserts
Freshly prepared salad cart	Freshly prepared salad cart	Freshly prepared salad cart	Freshly prepared salad cart	Freshly prepared salad cart
Fruit sponge cake or fruit yogurt	Jam tart with custard or fruit yogurt	Raspberry smoothies or fruit yogurt	Pears & chocolate delight or fruit yogurt	Orange flavoured cup cakes or fruit yogurt
Seasonal fruit available daily	Seasonal fruit available daily	Seasonal fruit available daily	Seasonal fruit available daily	Seasonal fruit available daily
Water or milk Bread	Water or milk Bread	Water or milk Bread	Water or milk Bread	Water or milk Bread