

Brompton Westbrook Weekly Lunch Menu

Week 5

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|---|
| Option 1 | Option 1 | Option 1 | Option 1 | Option 1 |
| Chicken vegetable casserole New potatoes Mixed vegetables Broccoli | Ham pasta carbonara Wholemeal pitta bread Green beans Sweetcorn | Roast chicken Roast potatoes Cauliflower florets Carrots Gravy suitable for vegetarians | Salmon fish cakes and chips Baked beans Mushy peas | Egg mayonnaise subway w/m roll Freshly made cream of tomato soup |
| Option 1 | Option 2 | Option 2 | Option 2 | Option 2 |
| Cheese & tomato quiche New potatoes Mixed vegetables Broccoli | Quorn cottage pie Green beans Sweetcorn | Butter bean pasta bake Garlic bread Cauliflower florets Carrots | Veggie hot dog Chips Baked beans Mushy peas | Cheese subway w/m Roll Freshly made cream of tomato soup |
| Option 3 | Option 3 | Option 3 | Option 3 | Option 3 |
| Egg mayonnaise with cress in a wholemeal bap Salad/vegetables | Jacket potato with Tuna mayonnaise Salad/vegetables | Cheese wholemeal sandwich Salad/vegetables | Ham in a wholemeal tortilla 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 |
| Apple crumble and custard or fruit yogurt | banana cake or fruit yogurt | Fruit trifle or fruit yogurt | Raspberry ripple ice cream or fruit yogurt | Lemon shortbread biscuit 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 |