

Brompton Westbrook Weekly Lunch Menu

Week 6

Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Option 1	Option 1	Option 1	Option 1
Chicken and Vegetable hot pot Creamy mashed potato Green beans Carrots	Ham and Cheese flan New potatoes Sweetcorn Broccoli	Roast Turkey Roast potatoes Carrots Savoy Cabbage Gavy suitable for vegetarians	Sausage hot dog Curly fries Baked beans Garden peas	Tuna mayonnaise Subway roll Vegetable soup
Option 2	Option 2	Option 2	Option 2	Option 2
Veggie lasagne Herby bread Green beans Carrots	Vegetable & chick Pea korma with wholemeal rice Sweetcorn Broccoli	Macaroni Cheese Wholemeal Pitta Bread Carrots Savoy Cabbage Gavy suitable for vegetarians	Cheese and onion pasty Curly fries Baked beans Garden peas	Cheese subway roll Vegetable soup
Option 3	Option 3	Option 3	Option 3	Option 3
Cheese in wholemeal bap Bap Salad or vegetables	Jacket potato with Tuna mayonnaise Salad or vegetables	Egg Mayo & Cress Wholemeal wrap Salad or vegetables	Turkey in a wholemeal Sandwich Salad or 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
Vanilla ice Cream or fruit yogurt	Jam coconut sponge & custard or fruit yogurt	Fruit salad or fruit yogurt	Fruit Muffins or fruit yogurt	Cherry cheesecake 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	Water or milk	Water or milk	Water or milk	Water or milk

Bread

Bread

Bread

Bread

Bread