

# newstruan school

Included, confident learners in the community

## WEEKLY LUNCH MENU – Week Three

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>STARTERS</b>		<b>Cream Broccoli soup.</b>		<b>Spring vegetable.</b>	
<b>MAIN OPTIONS</b>	<b>Garlic Chicken Rice, broccoli and Carrots.</b> ***** <b>Spicy Five bean Cakes.</b>	<b>Pasta Bolognese, carrots and broccoli.</b> ***** <b>Cheese Pizza.</b>	<b>Roast Pork, diced herb Potatoes and veg.</b> ***** <b>Spinach Ricotta Bake.</b>	<b>Oven Baked Battered Cod, chunky chips and peas.</b> ***** <b>Spanish Tortilla.</b>	<b>Chicken Burger or Vegetable Burger in a bun with seasoned potato wedges.</b>
<b>DESSERTS</b>	<b>Ice cream Jelly and fruit.</b> ***** <b>Fresh Fruit.</b>		<b>Jam and Coconut Sponge with Custard.</b> ***** <b>Fresh Fruit.</b>		<b>Banana Mousse</b> ***** <b>Fresh Fruit.</b>
<b>SALAD BAR</b>	<b>Buckwheat Salad.</b>	<b>Cou Cous Salad.</b>	<b>Sweet Chilli Rice.</b>	<b>Cheese and Biscuits.</b>	<b>Vegetable Pakora.</b>

**Salad Bar includes lettuce, peppers, tomatoes, carrot sticks, celery, cucumber, Spring Onion, Red Onions, radish, Beetroot, Pickled Onions and Coleslaw.**

**w/c Monday:**

**28<sup>th</sup> Aug, 18<sup>th</sup> Sept, 23<sup>rd</sup> Oct, 13<sup>th</sup> Nov, 4<sup>th</sup> Dec, 8<sup>th</sup> Jan,**

**29<sup>th</sup> Jan, 26<sup>th</sup> Feb, 19<sup>th</sup> March**