

LBC SPRING MENU 2020

Monday

Tuesday









Wednesday

Thursday

Friday






WEEK ONE

6 Jan
27 Jan
24 Feb
16 Mar

Option 1	Tomato & Vegetable Pasta 	Chicken Curry 	Roast Chicken with Stuffing & Gravy	Chicken Sausages & Gravy	White Fishfingers Salmon Fishfingers
Option 2	Macaroni Cheese	Lentil & Sweet Potato Curry 	Vegetable Wellington with Gravy 	L. McCartney Sausages & Gravy 	Bean & Lentil Burger 
Carbohydrate	Spaghetti or Macaroni	50/ 50 Rice 	Roast Potatoes or New Potatoes	Mashed Potatoes	Baked Chips or Couscous
Vegetables	Roasted Vegetables	Sweetcorn Cabbage	Carrots Green Beans	Cauliflower Broccoli	Baked Beans Peas
Dessert	Peach Cake with Custard Yoghurt & Fresh Fruit	Fresh Fruit & Yoghurt Station	Grapes, Cheese & Crackers Yoghurt & Fresh Fruit	Apple Flapjack Yoghurt & Fresh Fruit 	Fresh Fruit & Yoghurt Station

WEEK TWO

13 Jan
3 Feb
2 Mar
23Mar

Option 1	Roasted Vegetable Wholemeal French Bread Pizza	Chicken and Apricot Tagine	Roast (as advertised), and Gravy	Mexican Beef 	Breaded Fish
Option 2	Cheese & Tomato Pizza with Salad	Vegetable and Apricot Tagine 	Quorn Roast Fillet with Gravy	Mexican Beans 	Cheese Frittata
Carbohydrate	Pizza 	50/50 Rice 	Roast Potatoes or Mashed Potatoes	50/50 Rice 	Baked Chips or Couscous
Vegetables	Sweetcorn Roasted Tomatoes	Peas Cauliflower	Carrots Green Beans	Sweetcorn Broccoli	Baked Beans Peas
Dessert	Oaty Peach Crumble & Custard Yoghurt & Fresh Fruit 	Fresh Fruit & Yoghurt Station	Apple, Cheese & Crackers Yoghurt & Fresh Fruit	Orange & Lemon Shortbread Yoghurt & Fresh Fruit	Fresh Fruit & Yoghurt Station

WEEK THREE

20 Jan
10 Feb
9 Mar
30 Mar

Option 1	Roasted Cauliflower Curry	Chicken Stir Fry	Roast (as advertised) & Gravy	Chicken & Sweetcorn Pie & Gravy	Fish in Batter
Option 2	Chickpea Curry 	Soya Mince Stir Fry 	Potato & Courgette Stack	Vegetable Hotpot 	Cheese and Tomato Quiche
Carbohydrate	50/50 Rice 	Egg Noodles or 50/50 Rice 	Roast Potatoes or New Potatoes	Mashed Potato	Baked Chips or Couscous
Vegetables	Carrots Broccoli	Green Beans Cauliflower	Sweetcorn Peas	Swede & Carrot Mash	Baked Beans Peas
Dessert	Fresh Fruit & Yoghurt Station	Chocolate & Orange Brownie Yoghurt & Fresh Fruit	Mixed Fruit Salad Yoghurt & Fresh Fruit	Apple Sponge & Custard Yoghurt & Fresh Fruit	Fresh Fruit & Yoghurt Station



Available Daily:

- Freshly cooked jacket potatoes with a choice of fillings
- Bread freshly baked on site daily
- Daily Salad selection

ALLERGY INFORMATION:

If your child has an allergy or intolerance please ask a member of the catering team for information. If your child has a school lunch & has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals & due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.