
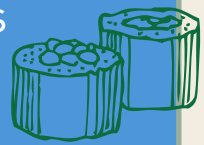





LUNCH
Menu
WEEK 3

	MONDAY (Theatre Day, Fajitas)	TUESDAY	WEDNESDAY	THURSDAY	Chip Shop FRIDAY
MAIN	Strips of Beef or Chicken with Peppers	Albondigas (Spanish Meatballs) with Rice 	Chicken Spiedie Sandwich Marinated with Lemon, Olive Oil, and Herbs Grilled with Soft Italian Bread	Roasted Loin of Pork, Stuffing and Apple Sauce	Fresh Battered Fish & Chips
VEGETARIAN	Vegetable and Bean Chilli	Butterbean and Vegetable Tagine with Couscous	Potato Florentine with Poached Egg and Wholegrain Mustard Sauce	Vegetable Lasagne with homemade Garlic Bread	Selection of Homemade Vegetarian Pizzas
SIDES	Tortilla Wraps, Rice, Pico de Gallo, Avocado and lime Cream, Roasted Baby Potatoes with Parmesan 	Roasted Courgettes, Roasted Paprika Carrots	Herb Sauté Potatoes, Green Beans with Garlic 	Pan Gravy, Sage Roasted Potatoes, Cauliflower and Roasted Carrots with Orange and Fennel	Curry Sauce, Pickled Egg and Onions, Tartare Sauce and Lemon
HOT DESSERT	Cornflake Tart	Sticky Toffee Pudding and Custard	Fresh Fruit Salad with Yoghurt and Fruit Puree	Plum and Apple Eves Pudding	Steamed Syrup Sponge and Custard

DAILY ITEMS
Soup & Homemade Bread,
Salad Bar, Pasta Dish,
Jacket Potatoes & Fillings
Yoghurt Pots, Fruit pots, Whole Fruit

Sibford
School

