

Morningside Winter/Spring Lunch Menu - 2024

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Wholemeal Pasta [G] With Tomato Napoletana Sauce	Roast Chicken With Gravy [Soy , W , G]	Stew Beef With Roast Vegetable	Toulouse Chicken Sausage With Gravy [Soy ,W,G] And Crispy Onions [W]	Marinated Chicken Thigh Burger [G]
Vegetarian Dish	Vegetable, Bean & Rice Burrito [G,M]	Roast Vegetables With Sweet Potato & Chickpea Falafel Vegetarian And Gravy [C, Soy ,W,G]	Vegetarian Stew	Quorn Vegan Sausage [W] With Gravy And Crispy Onions [W]	Homemade Sweet Potato Burger
Starch	Included In Main Course	New Potatoes Roast With Garlic And Rosemary	White Rice	Creamy Mash Potato [D]	Skin On Fries
Vegetables	Mixed Salad Selection	Roast Seasonal Vegetable	Roast Broccoli	Beans And Peas	Shredded Lettuce, Tomato Cucumber And Coleslaw [E]
Dessert	Fruit Selection Platter	Coconut Yogurt [D] Or Fruit	Fresh Fruit Platter	Coconut And Jam Sponge	Fresh Fruit Platter
Drink	Water	Water	Water	Water	Water

Allergen Symbols:

G-Gluten	Ses-Sesame	C-Celery
D-Dairy	E-Egg	Soy-Soy
F-Fish	W-Wheat	M-Mustard

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Mac And Cheese [D,G] With Herbed Crust	Jerk Chicken	Spaghetti [G] Bolognese	Lemon Garlic/Bbq Grilled Chicken Wings	Chicken Shawarma With Garlic Mint Yoghourt [G,D]
Vegetarian Dish	Baked Jacket Potato With Homemade Baked Beans	Homemade Vegetable And Bean Patty [G]	Vegetable & Lentil Bolognese [G]	Grilled Roasted Vegetable, Sweet Potato, Chickpea And Beetroot Falafel	Grilled Halloumi [D] And Onion Marmalade
Starch		Rice And Peas	Garlic Focaccia [G]	Spiced Potato Wedges	Lebanese Flat Bread [W]
Vegetables	Mixed Salad Selection	Fried Plantain	Steamed Broccoli	Seasonal Salad	Mixed Salad
Dessert	Fresh Fruit Platter	Banana Bread [G,E,D]Or Fresh Fruit	Yoghurt Or Fresh Fruit	Carrot Cake [G, E,D]	Fresh Fruit Platter
Drink	Water	Water	Water	Water	Water

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Roasted Vegetable Pizza [D] On A Homemade Base Bases [G]	Peri Peri Chicken Thigh	Beef Chilli Wraps	Bbq Chicken Wings	Msc Battered Haddock [F,W,G]
Vegetarian Dish	Tuna Pasta Bake [G,F,D]	Homemade Vegetable & Bean Empanada	Vegetable Fritata	Bbq Cauliflower Wings [G,E,D]	Vegan Nuggets [W,G]
Starch	Italian Potato Salad [E]	Jollof Rice	Potatoes Wedges	Chinese Fried Rice [Soy]	Skin On Fries
Vegetables	Seasonal Salad Selection	Greek Salad [D]	Included The Main Course	Sweet Corn	Baked Beans Or Peas
Dessert	Yoghurt Or Fresh Fruit	Fresh Fruit Platter	Chocolate Brownie	Apple Crumble [G,D] And Custard [D] Or Fresh Fruit	Fresh Fruit Platter
Drink	water	water	water	water	water

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