

# Morningside Winter/Spring Lunch Menu: 2025-6

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Wholemeal Pasta [G] Tomato Napoletana Sauce	Peri Peri Chicken Thigh	Spaghetti [G] Bolognese	Toulouse Chicken Sausage with Gravy [Soy, W, G ] and Crispy Onions [ W ]	MCS Battered Haddock [ F, W, G ]
Vegetarian Dish	Vegetable, Bean & Rice Burritos [G,M]	Homemade Vegetable and Bean Empanada	Vegetable & Lentil Bolognese [G]	Quorn Vegan Sausage [ W ] with Gravy and Crispy Onions [ W ]	Vegan Nuggets [ W, G ]
Starch	Included in the Main Course	Jollof and White Rice	Garlic Focaccia [G]	Creamy Mash Potato [ D ]	Skin-On Fries
Vegetables	Mixed Salad Selection	Greek Salad [D]	Steamed Broccoli	Beans and Peas	Baked Beans or Peas
Dessert	Fruit Selection Platter	Yoghurt or Fresh Fruit	Fresh Fruit Platter	Coconut and Jam Sponge	Fresh Fruit Platter
Drink	Water or Milk	Water or Milk	Water or Milk	Water or Milk	Water or Milk

### 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	Roast Chicken with Gravy [ Soy ,W , G ]	Stew Beef with Roast Vegetable	Lemon Garlic / BBQ Grilled Chicken Wings	Coated Chilli Chicken Strips or Breaded Chicken Strips
Vegetarian Dish	Baked Jacket Potato with Homemade Baked Beans	Roast Vegetable with Sweet Potato & Chickpeas Falafel and Gravy [ C , Soy , W, G ]	Vegetarian Stew with Roast Vegetable	Grilled Roasted Vegetable, Sweet Potato, Chickpeas, and Beetroot Falafel	Vegetarian Burger
Starch	Included in Main Course	New Potatoes Roast with Garlic and Rosemary	Creamy Mashed Potato	Mexican Rice	Seasoned Twister or Skin-On Fries
Vegetables	Mixed Salad Selection	Roast Seasonal Vegetable	Roasted Broccoli	Seasonal Salad	Shredded Lettuce, Tomato, Cucumber, and Coleslaw [ E ]
Dessert	Fresh Fruit Platter	Creamy Rice Pudding [ D ]	Fresh Fruit Platter	Yoghurt or Fresh Fruit	Fresh Fruit Platter
Drink	Water or Milk	Water or Milk	Water or Milk	Water or Milk	Water or Milk

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Roasted Vegetable Pizza [ D ] on a Homemade Base [ G ]	Jerk Chicken	Spaghetti Meatball with Napolitana Sauce	Chicken Drumstick with Garlic and Herbs	Halal Beef Burger with Garlic & Herb
Vegetarian Dish	Tuna Pasta Bake [ G, F, D ]	Homemade Vegetable and Bean Patty [ G ]	Spaghetti with Veggie Meatball with Napolatata Sauce	Vegetarian Frittata and Vegan Sausage Rolls	Sweet Potato Burger
Starch	Italian Potato Salad [ E ]	Rice And Peas	Homemade Garlic Bread	Potato Wedges	Skin-On Fries
Vegetables	Seasonal Salad Selection	Fried Plantain	Steamed Green Bean	Coleslaw & Chef's Salad	Shredded Lettuce, Tomato, Cucumber, and Sweet Peppers
Dessert	Yoghurt or Fresh Fruit	Chocolate Brownie and Custard	Fresh Fruit Platter	Carrot Cake	Fresh Fruit Platter
Drink	Water or Milk	Water or Milk	Water or Milk	Water or Milk	Water or Milk

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