

Secondaries LBI Spring/Summer Menu 2023

Monday

Tuesday

Wednesday

Thursday

Friday

WEEK 1 MEAL DEALS
(includes a side of vegetables, salad and Dessert of the day)

Option 1	Chicken Goujons with Herby Potato Wedges	50% Plant Based Spaghetti Bolognese	Hot Meaty Sausage Baguette served with Salad	Chicken Tikka Masala with Yellow Rice and Naan Bread	Traditional Fish & Chips with Tartar Sauce and Lemon Wedge
Option 2 (V)	Vegetarian Calzone Pizza	Quorn Sausage Baguette served with Wedges and Rainbow Slaw	Hot Vegetarian Wellington with New Potatoes and Tomato Sauce	Macaroni Cheese Bake	Spicy Bean Burger with Bun & Salad
Vegetables	Broccoli & Cauliflower	Sweetcorn and Courgettes	Glazed Carrots & Swede	Green Beans and Peppers	Baked Beans and Peas
Dessert of the Day	Lemon Drizzle Cake	Pineapple Upside Down Cake and Custard	Apple Flapjack	Peach Crumble and Custard	Mix Fruit Yogurt Pot
Wrap or Baguette of the Day	Tandoori Chicken Wrap	Cheddar & Pickle Baguette	Roast Beef, Onion & Tomato Wrap	Turkey & Roast Vegetables Baguette	Tuna & Sweetcorn Wrap
Vegetarian Wrap or Baguette of the Day	Cheese & Salad Baguette	Houmous and Peppers Wholemeal Wrap	Egg Mayonnaise & Salad Baguette	Spicy Butter Bean & Cucumber Wrap	Chicken & Salad Baguette
Soup of the Day served with Assorted Bread Portions	Butternut & Sweet Potato	Pea & Mint	Minestrone	Tomato & Vegetable	Thick Vegetable

Available Daily:
- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- 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 and 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 and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.

Secondaries LBI Spring/Summer Menu 2023

Monday

Tuesday

Wednesday

Thursday

Friday

WEEK 2 MEAL DEALS

(includes a side of vegetables, salad and Dessert of the day)

Option 1	Baked Beef Enchiladas with Garlic Bread and Salad	Turkey Stir Fry & Vegetables with Noodles	Beef Burgers & Salad in a Bun with Potato Wedges and Garlic Mayo	Chicken Korma with Rice and Naan Bread	Traditional Fish & Chips with Tartar Sauce and Lemon Wedge
Option 2 (V)	Hot Vegetarian Wellington with New Potatoes and Tomato Sauce	Mixed Pepper Frittata with Wedges and Rainbow Slaw	Vegetarian Lasagne with Garlic Bread and Salad (Vegan)	Cheese & Tomato Pizza	Mac n Cheese Florentine (Spinach) with Salad
Vegetables	Broccoli & Cauliflower	Sweetcorn and Courgettes	Glazed Carrots & Swede	Green Beans and Peppers	Baked Beans and Peas
Dessert of the Day	Banana Cake and Custard	Chocolate Chip Flapjack	Vanilla Shortbread	Apple Pie and Custard	Fruit Yogurt Pot
Wrap or Baguette of the Day	Coronation Chicken Baguette	Cheese & Tomato Wrap	Turkey & Salad Baguette	Beef & Roast Vegetables Wrap	Tuna & Cucumber Baguette
Vegetarian Wrap or Vegetarian of the Day	Cream Cheese & Salad Wrap	Houmous and Roasted Vegetable Baguette	Spicy Lentil & Butterbean salad Wrap	Egg Mayonnaise & Cucumber Baguette	Cheese & Chutney Wrap
Soup of the Day served with Assorted Bread Portions	Cauliflower & Cumin	Carrot and Coriander	Spicy Bean & Vegetable	Red Lentil & Vegetables	Italian Vegetable

Available Daily:

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- 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 and 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 and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.