

# SOUTH LEE LUNCH MENU - WEEK 2



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Reception Snack (10.00am)</b>	A selection of fresh fruits or vegetable				
<b>Lunch</b>	Vietnamese pork, rice, cucumber salad	South Lee Curry Tuesday! Butter chicken, jeera rice, flatbread & coriander	Spaghetti Puttanesca (Tomatoes, olives, anchovies, capers) peas & spinach combo	Roast turkey, garlic & rosemary potatoes, vegetable of the day, Yorkshire pudding & gravy	Homemade pork, herb & poppy seed roll, wedges, beans
<b>Vegetarian Option</b>	Vietnamese Quorn & peppers, rice, cucumber salad	Butter chickpea & cauliflower curry, jeera rice & coriander	Ratatouille, spaghetti, peas & spinach combo	Quorn fillet, garlic & rosemary potatoes, veg of the day, Yorkshire pudding & gravy	Homemade cheese & onion roll, wedges, beans
<b>Dessert</b>	Ice cream selection	Nanaimo bars	Lemon Shortbread	Flapjack	Cake of the week!
<b>Salad Bar</b>	A selection of fresh salads				
<b>Pre-Prep Snack (2:30pm)</b>	Our daily special low sugar snacks				
<b>Prep Snack (4:30pm)</b>	Chosen on the day by our Chef, with nutrition and quality in mind!				