

LUNCH MENU

Week 2



**QUINTON
HALL**
JOHN LYON'S PREP SCHOOL

MONDAY

Vegan Sausage Rolls with Chilli Jam (Ve)
Falafel and Hummus Wraps (Ve)
Stuffed Peppers with Bulgur Wheat (Ve)

Pasta bar with Roasted Red Pepper(V)

Rosemary Roast Potatoes
Steamed Carrots

Custard Tart

TUESDAY

Lamb Koftas
Tuna Pasta Bake
Wild Mushroom Risotto (V)

Pasta bar with Arrabiata Sauce (V)

Pitta Bread
Corn on the cob

Sunflower Seed & Raisin Flapjack (Ve)

WEDNESDAY

Chicken Tikka Masala
Chilli Paneer (V)
Chickpea Korma (Ve)

Pasta bar with Creamy Cheese (V)

Turmeric Rice
Naan Bread
Fresh Raita

Iced Vanilla Sponge

THURSDAY

Roast Turkey with Herby Gravy
Haddock Risotto
Tomato & Basil Mediterranean Vegetable
Wellington (Ve)

Pasta al genovese (V)

Yorkshire Puddings
Broccoli, Roast Potatoes

Butterscotch Angel Delight

FRIDAY

Battered Cod
BBQ Pepper & Sweetcorn Pizza (V)

Paprika Wedges
Beans
Peas

Choc Ices

EVERY DAY

FRESH FRUIT
SOUP OF THE DAY
SALAD: Tomatoes, Cucumber, Sliced
Peppers, Lettuce, Grated Carrot
JACKET POTATOES: halves with Grated
Cheese, Tuna, Baked Beans
SIDES: Plain Pasta, Plain Wraps or Slices of
Fresh Bread and Butter

*Vegetarian dishes and desserts will either be garlic/onion/
egg-free or have a garlic/onion/egg-free version available*