

St George's Lunch Menus for the Weeks commencing 13 June and 4 July

	Monday	Tuesday	Wednesday	Thursday	Friday
HOT MAIN COURSES	Chilli con Carne, Nachos, Tomato Salsa, Sour Cream & Guacamole	BBQ Pork Bao Buns, Prawn Crackers, Vegetable Spring Rolls	<i>Baguette Day</i> Chef's Choices	Classic Beef Lasagne	<i>Fish Friday</i> Fish Fingers, Haddock & Spring Onion Fishcake, Sticky Tabasco Chicken Thigh
	Hand cut wedges, Sweetcorn	Steamed Rice, Cauliflower Bites, Fine Green Beans, Garden Peas	Skinny Fries	Glazed Sliced Carrots	Chips, Garden Peas and Mushy Peas
VEGETARIAN MAIN COURSE	Potato & White Bean Chilli (VE)	Veggie Lover Bao Bun (VE)	Vegan Buttermilk Chicken Baguette (VE)	Quorn & Spinach Lasagne (VE)	Vegetable Pasta Bake (VE)
PASTA & JACKET BAR	Baked Jacket Potato Bar with a choice of fillings Vegan options available.	Baked Jacket Potato & Pasta Bar with a choice of fillings. Vegan options available.	Baked Jacket Potato Bar with a choice of fillings Vegan options available.	Baked Jacket Potato & Pasta Bar with a choice of fillings. Vegan options available.	Baked Jacket Potato Bar with a choice of fillings Vegan options available.
SOUP STATION	Freshly made soup with a choice of handmade wholemeal and white loaves and a selection of croutons, herb oil and mixed seeds.				
SALAD BAR	Tomato salad, sliced cucumber, coleslaw, mixed leaves, beetroot and sweetcorn, pasta or rice and grains or potato salad, and 1 x compound feature salad croutons, toasted seeds, marinated olives and dressings.				
HOT DESSERTS	Apple Marble Traybake	Iced Sponge Pudding		Steamed Jam & Coconut Sponge with Custard	Chocolate Brownie
COLD DESSERTS	Probiotic Natural Yoghurt with a selection of toppings Jelly Fresh Cut Fruit	Probiotic Natural Yoghurt with a selection of toppings Jelly Fresh Cut Fruit	Ice Cream Probiotic Natural Yoghurt with a selection of toppings Jelly Fresh Cut Fruit	Probiotic Natural Yoghurt with a selection of toppings Jelly Fresh Cut Fruit	Probiotic Natural Yoghurt with a selection of toppings Jelly Fresh Cut Fruit

AVAILABLE DAILY: Handmade wholemeal and white bread, yoghurt and jelly pots, freshly cut fruit.
A special diet main course and dessert see counter.

