




## Spring Lunch Menu Week Commencing 23 February 2026

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	Tomato Soup	Vegetable Soup	Lentil Soup	Onion and Potato Soup	White Bean Soup
<b>Main 1</b>	Vegetable Risotto <b>G,D</b>	Chicken Adobo <b>So</b>	Creamy Chickpeas <b>D</b>	Chicken Kebab Lamb Shish	Crispy Lemon Parmesan, Garlic & Herb Tuna Patties <b>G, E,</b> <b>D</b> Or Fish Croquettes <b>F, G</b>
<b>Main 2 (Veggie and Vegan)</b>	Conchiglie with Peas and Yogurt Sauce <b>G,D</b>	Veggie Lumpia <b>D</b>	Sag Aloo	Veggie Pide <b>G</b>	Broccoli Tempura <b>G</b>
<b>Accompaniment</b>	Sweet Potato Lasagne <b>G,D,T</b>	Coconut Rice or Plain Rice	Brown Rice	Rice or Herby Bulgur <b>G</b>	Chips
<b>Vegetable Additions</b>	Roasted Broccoli	Garlicky Green Beans	Steamed Mung Beans	Tomato and Cucumber Salad with Sumac	Peas
<b>Additions</b>	Grated Parmesan <b>D</b>	Spicy Sauce	Chilli Sauce	Babaganoush	Homemade Ketchup, Herby Aioli <b>E T</b>
<b>Dessert</b>	Fruit and Yogurt with Honey <b>D</b>	Flan <b>G</b> or Fruit	Mango and Raspberry Polenta Cake <b>G, E</b> or Fruit	Coconut Cake <b>G</b> Fruit	Fruit

**Allergens: D = Dairy E = Egg F = Fish G = Gluten Su = Sulphate P = Pork K = Kiwi T = Tomato S = Sesame So = Soy**

 Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	Pumpkin Soup	Soup	Carrot and Ginger Soup	Vegetable Soup	Tomato Soup
<b>Main 1</b>	Creamy Pesto Chickpea Pasta <b>G, D</b>	Thai Green Chicken Curry <b>F, So</b>	Veggie Tacos with Refried Bean <b>G</b>	Korean Fried Chicken or Banana Leaf Fried Chicken <b>G</b>	Fish croquettes <b>F</b>
<b>Main 2 (Veggie and Vegan)</b>	Lentil Bolognese Or Spinach and Ricotta Pasta <b>G,D,T</b>	Thai Green Veggie Curry or Veggie Pad Thai <b>So</b>	Quesadillas <b>G, D</b>	Veggie Koran Dumplings <b>G, So</b>	Veggie Croquettes <b>G</b>
<b>Accompaniment</b>	Brown Bread <b>G</b>	Sticky Rice	Plain Rice or Tomato Rice	Kimchi Fried Rice or Steamed White Rice <b>So</b>	Potato Salad
<b>Vegetable Additions</b>	Crispy Kale	Hispi Cabbage with Glazed Miso <b>So</b>	Lettuce salad	Cucumber Salad Plantain	Peas and Mint
<b>Additions</b>	Greens and White Bean Pasta <b>G, D</b>	Sweet Chilli Sauce	Guacamole	Spicy Sauce	Spicy Aioli <b>E</b>
<b>Dessert</b>	Gluten Free Lemon Drizzle Loaf Cake with Poppy Seeds or Fruit <b>E</b>	Fruit	Cinnamon Donuts <b>G</b> Fruit	Fruit	Yogurt and Honey <b>D</b> Fruit

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