

SOUTH LEE LUNCH MENU - WEEK 1



	Monday	Tuesday	Wednesday	Thursday	Friday
Reception Snack (10.00am)	A selection of fresh fruits or vegetable				
Lunch	Sloppy Joe's Ground beef in sloppy joe sauce, warm buns, cheese, corn & wedges	Soy & honey noodles with spring onion, beanshoots, sticky glazed chicken strips & broccoli	Beef ragu linguine & peas	Roast pork loin, rosemary & garlic potatoes, Yorkshire pudding, vegetable of the day, gravy	Peri Peri chicken, South Lee spicy rice, green salad
Vegetarian Option	Quorn sloppy Joe's	Soy & honey noodles with spring onions, beanshoots & sticky glazed quorn, broccoli	Pepper and aubergine ragu Linguine, peas	Lentil roast, rosemary & garlic potatoes, Yorkshire pudding, vegetable of the day, gravy	Spicy coated Quorn fillet with south lee spicy rice, green salad
Dessert	Oaty cookies	Fruity Oat Bars	South Lee Rocky Road	Raspberry & white chocolate cheesecake	Chocolate chip cookies
Salad Bar	A selection of fresh salads				
Pre-Prep Snack (2:30pm)	Our daily special low sugar snacks				
Prep Snack (4:30pm)	Chosen on the day by our Chef, with nutrition and quality in mind!				