

The Blue Door Lunch



Menu

Week 1	Main Dish	Pudding	Vegetarian/Vegan option & Allergies Alternative
Monday	Sausages served with couscous & sweetcorn	Vanilla ice cream & biscuit K:Yoghurt	Vegan meat alternative Wheat/gluten free sausages Wheat/gluten free pasta Soya ice cream
Tuesday	Soya mince in gravy served with new potatoes & peas	Fruit choice K:Fruit purée	Vegan alternative Wheat & gluten free gravy
Wednesday	Pasta, Ham & cheese served with home-made tomato sauce & mixed veg	Apple crumble and custard K: Banana Yoghurt	Vegan meat alternative Vanilla soya pudding Wheat & gluten free pasta
Thursday	Home-made salmon & cod fish cake served with baked beans & green beans	Natural yoghurt & fruit purée K:Fruit purée	Vegan meat alternative
Friday	Chicken served with rice & mixed veg	Jelly and apple K: Yoghurt	Vegan meat alternative. Fresh fruit

Week 2	Main dish	Pudding	Vegetarian/Vegan option & Allergy alternative
Monday	Fish fingers served with couscous & sweetcorn	Banana and custard K: Peach & apple purée	Vegetable finger Wheat & gluten free fish fingers Wheat & gluten free pasta
Tuesday	Wholemeal pasta, cheese, Chicken slices served with a pepper & tomato sauce & mixed veg	Neapolitan ice cream K: Yoghurt	Vegan cheese and meat alternative Wheat & gluten free pasta Soya ice cream
Wednesday	Chicken curry served with rice, green beans & wrap	Fruit choice K: Apple & banana purée	Vegan meat alternative
Thursday	Roast meat served with new potatoes, peas & gravy	Natural yoghurt & fruit purée K: Yoghurt	Vegan meat alternative Wheat & gluten free gravy Vanilla or chocolate soya pudding
Friday	Home-made lean mince beef burgers served with potato wedges, mixed veg & baked beans	Semolina & fruit jam swirl K: Pear yoghurt purée	Vegan alternative Soya yoghurt

Week 3	Contents	Pudding	Vegetarian/Vegan option
Monday	Soya spaghetti & bolognese served with peas	Natural yoghurt & fruit purée K: Yoghurt	Vegetable finger Soya custard
Tuesday	Chicken fajita served with couscous, green beans & wrap	Banana & custard K: Pear & peach purée	Vegan meat alternative Wheat & gluten free pasta Fresh fruit
Wednesday	Sausage casserole served with rice & mixed veg	Fruit choice K: Yoghurt	Vegan meat alternative Fresh fruit
Thursday	Jacket potato, cheese, ham served with baked beans and sweetcorn	Rice pudding K: Banana purée	Vegan meat & cheese alternative Fresh fruit
Friday	Fish fingers & pasta served with home-made sauce & mixed veg	Ice cream & biscuit K: Yoghurt	Vegetable fingers Soya ice cream

