



















MONT21SCHOOL LUNCH MENU

ALL MEALS INCLUDE A SALAD BUFFET

WEEK 1	MONDAY - 31	TUESDAY - 1	WEDNESDAY - 2	THURSDAY - 3	FRIDAY - 4
1 COURSE					
VEGAN					
GARNISH					
DESERT					
ALLERGY AWARENESS					
WEEK 2	MONDAY - 7	TUESDAY - 8	WEDNESDAY - 9	THURSDAY - 10	FRIDAY - 11
1 COURSE	Fish goujons	Beef lasagne	Oven baked porkloin	Honey & soy glazed chicken	Homemade beefburgers
VEGAN	Vegan goujons	Vegan lasagne	Lentil stew	Falafel	Vegan burgers
GARNISH	Arroz 3 delicias / Stirfry peppers	Sauteed veggie mix	Boiled potatoes / Steamed broccoli	Whole grain rice / Curry spiced cauliflower	Corn on the cob / Potato wedges
DESERT	Yoghurt	Fruit salad	Yoghurt	Chocolate mousse	Yoghurt
ALLERGY AWARENESS					

WEEK 3	MONDAY - 14	TUESDAY - 15	WEDNESDAY - 16	THURSDAY - 17	FRIDAY - 18
1 COURSE	Chicken curry	Italian meatballs	Beef stew	Fish goujons	Marrocan chicken
VEGAN	Vegan curry	Vegan meatballs	Vegan stew	Vegan goujons	Vegan stew
GARNISH	Rice / Broccoli	Pasta / Cajun veggie	Brown rice / Thym and rosemary Sauteed veggies	Mash potatoes / Asian courgette stir fry	Boiled potatoes / Gratinated cauliflower
DESERT	Yoghurt	Fruit salad	Yoghurt	Banana brownie	Yoghurt
ALLERGY AWARENESS	  	  	  	   	  
WEEK 4	MONDAY - 21	TUESDAY - 22	WEDNESDAY - 23	THURSDAY - 24	FRIDAY - 25
1 COURSE	Pulled pork	Bbq chicken	Beef bolognese	Chicken goujons	Chili con carne
VEGAN	Vegan noodle	Veggie patties	Vegan bolognese	Vegan goujons	Vegan chilli
GARNISH	Patatas a lo pobre	Arroz 3 delicias / veggie mix	Pasta / Green beans	Baby herb potatoes / Stir fry zucchini	Rice / broccoli
DESERT	Yoghurt	Fruit salad	Yoghurt	Chocolate mousse	Yoghurt
ALLERGY AWARENESS	