



**PHILEAS FOX**

MULTILINGUAL NURSERY SCHOOL

### Vegetarian Lunch Menu

	<b>Week One</b>	<b>Week Two</b>	<b>Week Three</b>
<b>MONDAY</b>	<i>Pea, broccoli and red onion pasta</i>	<i>Lentil, baby corn and pea coconut curry</i>	<i>Vegan chilli: lentils, beans, peppers, onions and courgette in a mild chilli sauce</i>
<b>TUESDAY</b>	<i>Summer vegetable and chickpea ratatouille served with mixed rice</i>	<i>Pulse and lentil cottage pie and mash</i>	<i>Creamy macaroni and cheese served with peas</i>
<b>WEDNESDAY</b>	<i>Butter bean and mushroom chasseur served with new potatoes</i>	<i>Mixed vegetable, courgette and sweet potato korma served with mixed rice</i>	<i>Cauliflower, broccoli and cheese gratin</i>
<b>THURSDAY</b>	<i>Cauliflower, aubergine and chickpea curry served with mixed rice</i>	<i>Lentil fusilli Bolognese</i>	<i>Jackfruit and spring vegetables in herby tomato sauce served with diced potatoes</i>
<b>FRIDAY</b>	<i>Mushroom, mixed pepper and chickpea stroganoff with tricolour pasta</i>	<i>Root vegetable Moroccan spiced tagine served with mini naan bread</i>	<i>Creamy mixed vegetable pasta</i>

Daily dessert is fresh fruits.





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## Lunch Menu

	Week One	Week Two	Week Three
<b>MONDAY</b>	<i>Bacon and red onion pasta</i>	<i>Chicken, baby corn and pea coconut curry</i>	<i>Vegan chilli: lentils, beans, peppers, onions and courgette in a mild chilli sauce</i>
<b>TUESDAY</b>	<i>Fresh ratatouille topped with flaked pollock served with rice</i>	<i>Cottage pie: minced beef, diced carrots, peas, onions and swede in a herbed gravy served with mashed potato</i>	<i>Creamy macaroni and cheese served with peas</i>
<b>WEDNESDAY</b>	<i>Chicken chasseur served with new potatoes.</i>	<i>Fish curry: hake in a fragrant korma sauce served with mixed rice</i>	<i>Bacon, cauliflower, broccoli and cheese gratin</i>
<b>THURSDAY</b>	<i>Cauliflower, aubergine and chickpea curry served with mixed rice</i>	<i>Fusilli Bolognese</i>	<i>Spring chicken casserole: chicken breast, potato and fresh spring vegetables in a herby tomato sauce</i>
<b>FRIDAY</b>	<i>Beef stroganoff with tricolour pasta</i>	<i>Root vegetable Moroccan spiced tagine served with mini naan bread</i>	<i>Salmon and broccoli pasta</i>

Daily dessert is fresh fruits.

