

THE LUNCH BAG



'Empowered, Educated Eating'

Monday

- Vegan Southern Fried Bite, Penne pasta, Tomato Sauce (VE)(V)
- Vegetable Curry (VE)(V)
- Penne Pasta with Meatballs (Beef and Park) & Tomato Sauce
- Shepherds Pie, Mash & Gravy
- Chicken Curry & Rice (H)
- Roast Beef with Mash, Veg & Gravy (H)
- Bangers, Mash & Veg with Onion Gravy
- Roast Chicken with Mash, Veg & Gravy (H)
- Roast Chicken, Mash & Veg (No Gravy) (H)

Wednesday

- Vegan Southern Fried Bite, Penne pasta, Tomato Sauce (VE)(V)
- Vegetable Curry (VE)(V)
- Penne Pasta with Meatballs (Beef and Park) & Tomato Sauce
- Shepherds Pie, Mash & Gravy
- Chicken Curry & Rice (H)
- Roast Beef with Mash, Veg & Gravy (H)
- Chicken Ala King
- Roast Chicken with Mash, Veg & Gravy (H)
- Roast Chicken, Mash & Veg (No Gravy) (H)

Tuesday

- Vegan Southern Fried Bite, Penne pasta, Tomato Sauce (VE)(V)
- Vegetable Curry (VE)(V)
- Chicken & Chorizo Bake
- Chilli Beef and Rice
- Chicken Curry & Rice (H)
- Chicken Ala King
- Pasta Bolognese
- Roast Beef with Mash, Veg & Gravy (H)
- Roast Turkey, Mash, Veg & Gravy (H)



Friday

- Vegan Southern Fried Bite, Penne pasta, Tomato Sauce (VE)(V)
- Vegetable Curry (VE)(V)
- Penne Pasta with Meatballs (Beef and Park) & Tomato Sauce
- Shepherds Pie, Mash & Gravy
- Chicken Curry & Rice (H)
- Roast Beef with Mash, Veg & Gravy (H)
- Pasta Bolognese
- Roast Chicken with Mash, Veg & Gravy (H)
- Roast Chicken, Mash & Veg (No Gravy) (H)



Thursday

- Vegan Southern Fried Bite, Penne pasta, Tomato Sauce (VE)(V)
- Vegetable Curry (VE)(V)
- Chicken & Ham Carbonara
- Chilli Beef and Rice
- Chicken Curry & Rice (H)
- Chicken Ala King
- Pasta Bolognese
- Roast Beef with Mash, Veg & Gravy (H)
- Roast Turkey, Mash, Veg & Gravy (H)