

# WEEKLY MENU

## WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Soup Station With Fresh Baked Bread</b>	Spring vegetable	Broccoli soup	Mulligatawny	Carrot & Orange	Cauliflower & cumin
<b>Chef's Dish of the Day</b>	<b>PLANT 30 PASTA DAY</b> Lentil & Quorn Bolognese	Chicken katsu curry with sticky rice	<b>Traditional Ploughman's</b> Char-grilled chicken thighs Honey roasted ham	Traditional Beef Lasagne	Hand stretched meat feast pizza
<b>Vegetarian Dish of the Day</b>	Creamy Mushrooms in garlic cheese sauce Or Tomato Neapolitan sauce	Mild chickpea, butternut & sweet potato curry	Red Onion & tomato quiche English cheddar	Vegetarian Mushroom, spinach & ricotta lasagne	Hand stretched margherita pizza
<b>Sides</b>	Penne or linguine pasta Freshly made garlic bread Sweetcorn Steamed Broccoli	Pilaff Rice Cumin cauliflower Saag Aloo	Crusty Baguette Jacket potato halves Selection of Salads Selection of pickles & chutneys	Steamed carrots Green beans Tomato, red onion & olive salad	Chunky oven chips Garden peas Baked beans
<b>Fresh Salad Bar available everyday – Fresh Fruit &amp; Yoghurts available daily</b>					
<b>Dessert of the Day</b>	Vegan Chocolate Mousse	Rice Pudding with Berry compote	Apple crumble & custard	Selection of fruit & Greek yoghurt with toppings	Courgette & lime cake Banana & Spinach Smoothie

For allergen information please speak to a member of the team.



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## WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Soup Station With Fresh Baked Bread</b>	Tomato and fresh basil	Pea & mint	Vegan creamy mushroom	Carrot and thyme	Tuscan bean
<b>Chef's Dish of the Day</b>	<b>PLANT 30</b> Mac n Cheese with crispy onions	Slow cooked BBQ shoulder of Pork with red onion & peppers	Hoi sin beef & vegetable stir-fry	Mild coconut based chicken & chickpea curry	Jumbo fish fingers lemon wedges & tartare sauce
<b>Vegetarian Dish of the Day</b>	Spicy bean burritos	BBQ Jackfruit vegetable casserole	Vegetable Stir fry with edamame beans	Quorn & vegetable chilli con carne	Halloumi & vegetable stack with a spicy tomato sauce
<b>Sides</b>	Hand-cut wedges Sweetcorn Summer salad	Cauliflower Steamed carrots Steamed white & brown rice	Egg noodles Chinese leaves Sauteed mangetout & mushrooms	Turmeric rice Naan bread Mango chutney & Raita Green Beans Tomato, coriander & onion salad	Chunky oven chips Garden peas Baked beans
<b>Fresh Salad Bar available everyday– Fresh Fruit &amp; Yoghurts available daily</b>					
<b>Dessert of the Day</b>	Vegan Mango & Coconut mousse	Selection of fruit & Greek yoghurt with various toppings and sauces	Freshly baked, naturally sweetened banana cake	Strawberry or Raspberry Fruit Jelly pots	Oatmeal cookies Banana Milkshake

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# WEEKLY MENU

## WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Soup Station With Fresh Baked Bread</b>	Roasted butternut & red pepper	Chunky vegetable	Leek & potato	Carrot & coriander	Minestrone
<b>Chef's Dish of the Day</b>	<b>PLANT 30</b> Plant based meatballs With marinara sauce Spaghetti	<b>CAESAR SALAD DAY</b>  Char-grilled Chicken	Savoury Sausage Plait Or Pork & herb chipolata sausage with crispy onions & gravy	Chicken Gyros with a minted dip & Pitta bread	<b>Build A Burger Day</b> Freshly made beef burger in a floured bap with cheese, iceberg lettuce & relish
<b>Vegetarian Dish of the Day</b>	Eat Curious BBQ protein & mixed bean Taco	Charred Halloumi Or Quorn filet	Plant based vegetable sausages with onion gravy	Pulled Oomph with lime and coriander	Freshly made Falafel burger with a yoghurt dressing & shredded lettuce
<b>Sides</b>	Broccoli Courgettes	Steamed new potatoes Cauliflower Medley of seasonal vegetables	Mashed potatoes Steamed carrots Broccoli	Soft pitta bread Stir fried peppers and onions Red cabbage slaw	Freshly cut wedges Baked beans Peas
<b>Fresh Salad Bar available everyday– Fresh Fruit &amp; Yoghurts available daily</b>					
<b>Dessert of the Day</b>	Naturally sweet carrot & sultana cake	Sugar free fruity jelly pots	Ice cream bar – vanilla ice cream with fresh fruit coulis topping	Fresh fruit salad	Naturally sweetened apricot flapjack

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LONGACRE SCHOOL

100 W. HENRIETTA ST. PHOENIX, AZ 85004 | 602.955.4600 | WWW.LONGACRESCHOOL.ORG

