



Grasmere Primary School

Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN Option 1	Farfalle Pasta in Rich Tomato sauce, Fresh Basil & Parmesan Cheese <i>*Gluten, Milk</i>	Chicken Shawarma, Coriander, Lemon juice 	Vegetarian Lasagna, Tomato, Bechamel Sauce <i>*Gluten, Milk</i> 	Slow cooked Beef Ragout, Casareccia Pasta <i>*Gluten</i> 	Mediterranean Fish, Lemon & Herbs <i>*Fish</i> 
MAIN Option 2 (vegetarian)	Farfalle Pasta, Basil Pesto, Roast Sunflower seeds, Parmesan <i>*Gluten, Milk</i> 	BBQ Beans & Rice Burrito <i>*Gluten</i> 		Spinach-Leek & Potatoes Quiche <i>*Gluten, Milk</i>	Vegetables Curry ,Flatbread <i>*Gluten</i> 
To Accompany/Sala d	Greek Salad, Feta <i>*MILK</i> 	Long Grain Rice 	Italian chopped Salad 		Rice 
Bread	Fresh Bread <i>*Gluten</i> 	Fresh Bread <i>*Gluten</i> 	Fresh Bread <i>*Gluten</i> 	Fresh Bread <i>*Gluten</i> 	Fresh Bread <i>*Gluten</i> 
Vegetables	Medley Vegetables 	Corn on the Cob 	Maple Roasted Carrots 	Roasted Garlic Broccoli 	Potatoes Wedges 
On the Table	Hummus + Crudites	Hummus + Crudites	Hummus + Crudites	Hummus + Crudites	Hummus + Crudites
Dessert 	Fruits Salad 	Raspberry & Yogurt Cake <i>*Gluten,Eggs, Milk</i> 	Fruits Salad 	Chocolate & Banana Cake <i>*Gluten, Eggs, Milk</i> 	Fruits Salad 

** Allergens are in italics and marked with an asterix*

