

Lunch Menu - Spring Term

All ingredients are organic subject to availability

Tuesday

Red lentil & vegetable soup with warming spices and roasted seeds with bread and butter

(Lentils, sunflower seeds, seasonal vegetables)

Wednesday



Wholemeal pasta with veggie sauce and parmesan cheese and winter slaw

(Onion, garlic, celery, carrots, passata, raw carrot, cabbage, beetroot, lemon, olive oil, salt)

Thursday



White basmati rice with dhal, tzatziki and veggie sticks on the side

(Cumin, ground coriander, fresh ginger, yellow lentils, mung dal, cucumber, yoghurt, mint)