

All dishes highlighted in green have one or more of the ingredients to make it a Future Proof Food dish.

St Gabriel's

LUNCH MENU WEEK 2

NEWBURY

MONDAY

SOUP

Broccoli & leek

MAIN

Pulled pork flatbreads

VEGETARIAN

Halloumi & red pepper burger

ON THE SIDE

Chargrilled vegetables
Herby cous cous
Barbecue sauce
Chipotle mayonnaise

Jacket & Pasta Bar

Baked beans
Cheddar cheese
Roasted tomato sauce
Chefs special

Desert

Strawberry jam crepes

Daily

Shaker & hummus pots, box salads, yoghurt, fruit pots, jellies

TUESDAY

SOUP

Tomato & herb

MAIN

Classic shepherd's pie

VEGETARIAN

Sweet potato topped bean pie

ON THE SIDE

Steamed broccoli
Leeks
Mint sauce
Gravy

Jacket & Pasta Bar

Baked beans
Cheddar cheese
Roasted tomato sauce
Chefs special

Desert

Raspberry crumble slice

Daily

Shaker & hummus pots, box salads, yoghurt, fruit pots, jellies

WEDNESDAY

SOUP

Mediterranean vegetable

MAIN

Herb roasted chicken thighs

VEGETARIAN

Asparagus & parmesan filo wraps

ON THE SIDE

Skin on roast potatoes
Roasted roots
Green beans
Pan gravy

Jacket & Pasta Bar

Baked beans
Cheddar cheese
Roasted tomato sauce
Chefs special

Desert

Black forest pots

Daily

Shaker & hummus pots, box salads, yoghurt, fruit pots, jellies

THURSDAY

SOUP

Chunky vegetable

MAIN

Chilli con carne

VEGETARIAN

Five bean enchiladas

ON THE SIDE

Cajun rice
Crushed peas
Corn on the cob
Salsa, soured cream, guacamole

Jacket & Pasta Bar

Baked beans
Cheddar cheese
Roasted tomato sauce
Chefs special

Desert

Frosted carrot cake

Daily

Shaker & hummus pots, box salads, yoghurt, fruit pots, jellies

FRIDAY

SOUP

Garden pea

MAIN

Breaded fish fillets

VEGETARIAN

Vegetable fritters with lime mayonnaise

ON THE SIDE

Chunky chips
Garden peas
Tartare sauce
Lemon wedges

Jacket & Pasta Bar

Baked beans
Cheddar cheese
Roasted tomato sauce
Chefs special

Desert

Eton mess

Daily

Shaker & hummus pots, box salads, yoghurt, fruit pots, jellies