

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 3

NEWBURY

MONDAY

SOUP

Asparagus & kale

MAIN

Sticky butchers sausages

VEGETARIAN

Mature cheddar & quinoa
croquettes

ON THE SIDE

Mashed potatoes
Gravy
Garden peas
Steamed broccoli

Jacket & Pasta Bar

Baked beans
Cheddar cheese
Roasted tomato sauce
Chefs special

Desert

Spiced banana loaf, sticky date
jam

Daily

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

TUESDAY

SOUP

Broccoli

MAIN

St Gabriel's Pizza Bar:
Pepperoni
Margherita
Chefs special

ON THE SIDE

Potato wedges
Garlic focaccia
Balsamic greens
Rocket & parmesan salad

Jacket & Pasta Bar

Baked beans
Cheddar cheese
Roasted tomato sauce
Chefs special

Desert

Double chocolate brownies

Daily

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

WEDNESDAY

SOUP

Herby potato

MAIN

Maple glazed gammon

VEGETARIAN

Mushroom & lentil loaf

ON THE SIDE

Roasted new potatoes
Roasted carrots
Honey glazed parsnips
Steamed cabbage
Pan gravy

Jacket & Pasta Bar

Baked beans
Cheddar cheese
Roasted tomato sauce
Chefs special

Desert

Berry cheesecake pots

Daily

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

THURSDAY

SOUP

Honey roasted parsnip

MAIN

Chinese chicken noodles

VEGETARIAN

Giant tofu spring roll

ON THE SIDE

Steamed vegetables
Prawn crackers
Pickled cucumber salad
Asian dipping sauce

Jacket & Pasta Bar

Baked beans
Cheddar cheese
Roasted tomato sauce
Chefs special

Desert

Sticky toffee slice

Daily

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

FRIDAY

SOUP

Seasonal vegetable

MAIN

Jumbo fish fingers

VEGETARIAN

Breaded vegetable & edamame
katsu

ON THE SIDE

Chunky chips
Garden peas
Tartare sauce
Lemon wedges

Jacket & Pasta Bar

Baked beans
Cheddar cheese
Roasted tomato sauce
Chefs special

Desert

Ice cream & toppers

Daily

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