

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 1

NEWBURY

MONDAY

SOUP

Vine roasted tomato

MAIN

Sticky barbecue chicken

VEGETARIAN

Crispy cauliflower wings

ON THE SIDE

Jacket wedges
Crunchy corn
Smashed peas
Chunky tomato salsa

Jacket & Pasta Bar

Baked beans
Cheddar cheese
Roasted tomato sauce
Chefs special

Desert

Summer berry strudel & Chantilly cream

Daily

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

TUESDAY

SOUP

Carrot & cumin

MAIN

Beef lasagne

VEGETARIAN

Baked tomato & feta gnocchi

ON THE SIDE

Savoury rice
Tortilla croutons
Green beans
Sauté peppers

Jacket & Pasta Bar

Baked beans
Cheddar cheese
Roasted tomato sauce
Chefs special

Desert

Lemon drizzle & polenta cake

Daily

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

WEDNESDAY

SOUP

Sweetcorn chowder

MAIN

Slow roasted pork loin
Apple & pear sauce

VEGETARIAN

Roast vegetable & black bean wellington

ON THE SIDE

Herb roasted potatoes
Carrot melody
Steamed broccoli
Pan gravy
Parsley sauce

Jacket & Pasta Bar

Baked beans
Cheddar cheese
Roasted tomato sauce
Chefs special

Desert

Cookies & cream

Daily

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

THURSDAY

SOUP

Broccoli & parmesan

MAIN

Classic chicken korma

VEGETARIAN

Sweet potato, lentil & spinach biryani

ON THE SIDE

Prawn crackers
Sweet chilli sauce
Sweetcorn

Jacket & Pasta Bar

Baked beans
Cheddar cheese
Roasted tomato sauce
Chefs special

Desert

Sticky apple sponge

Daily

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

FRIDAY

SOUP

Summer vegetable

MAIN

Battered fish fillets

VEGETARIAN

Vegetable & cheddar croquettes

ON THE SIDE

Chunky chips
Garden peas
Tartare sauce
Lemon wedges

Jacket & Pasta Bar

Baked beans
Cheddar cheese
Roasted tomato sauce
Chefs special

Desert

Banana & white chocolate flapjack

Daily

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