

Lunch menu

Week 1 7,21/01 25/02 18/03	Monday	Tuesday	Wednesday	Thursday	Friday
Dish of the Day	Chilli Con Carne	Chicken and Vegetable Korma	Classic Swedish Meatballs	Honey Roasted Turkey	Buttermilk Fried Chicken Tenders
Vegetarian/ Vegan Main	Vegan Chilli Con Carne	Sweet Potato, Courgette Korma	Squash & Butter Beans Burritos	Vegetable and Chickpea Tagine	Grilled Halloumi served with Spiced Cous-Cous
On the Side	Baked Potato, Tortilla Crisps, Salsa	Pilaf Rice, Poppadums	Tagliatelle Cucumber Salad	Roasted Potatoes Baby Carrots and Green Beans	CrissCuts Fries Cajun Style Sweetcorn
To Follow	Soft-Center Jaffa Chocolate Pudding	Homemade Yogurt with Sprinkles	Apple & Red Cherry Pie, Custard	Frosted Cupcakes	Choc Ice
	Fresh bread, jacket and sweet potatoes, pick & mix salad bar fresh fruit				

Food Allergies; While Belmont School takes all reasonable precautions to prevent cross-contamination of food products, due to the manufacturing processes and handling of some foods such as spices and grains, we cannot guarantee that trace amounts of known allergens remain absent from food products served at

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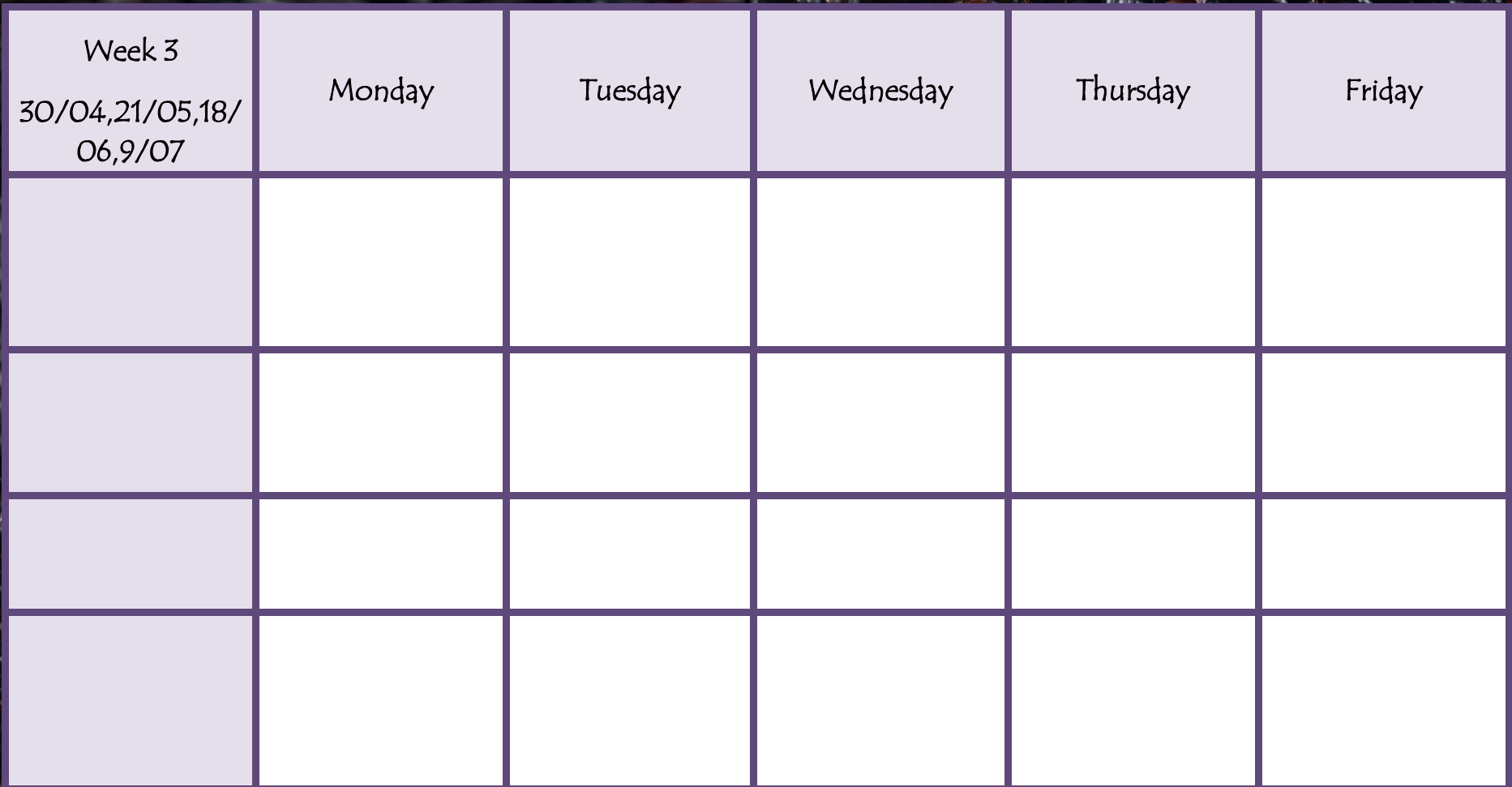
Week 2 14/01 4/02 4,25/03	Monday	Tuesday	Wednesday	Thursday	Friday
Dish of the Day	Sausages Hot Pot with Fresh Herbs	Crunchy Topped Cowboy Beef & Vegetable Pie	Chicken Schnitzel	Slow Roasted Pork with Apple & Rosemary	Classic Chip Shop Fish & Chips
Vegetarian/vegan Main	Courgette & Peppers and Lentil Hot Pot	Crunchy Topped Quorn & Vegetable Pie	Breaded Portobello Mushroom with Halloumi Cheese	Black -Eyed Pea Jambalaya	Winter Vegetable Pasty
On the Side	Sliced Potatoes,	Wholemeal Bread	Dill New Potatoes, Winter Slaw	Roast Potatoes, Buttered Carrots and Cabbage	Peas, Tartare Sauce
To Follow	Winter Fruit Cobbler, Custard	Victoria Sponge	Pear and Chocolate Sponge with Chocolate Custard	Apple Filled Puff Pastry	Chocolate Muffin
	Fresh bread, jacket and sweet potatoes, pick & mix salad bar fresh fruit				

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Week 3 21/01 11/02 11/03	Monday	Tuesday	Wednesday	Thursday	Friday
Dish of the Day	Creamy Chicken Pasta	Slow Cooked Hungarian Beef Goulash	Greek-style Chicken and Olives Stew	Roast Lamb	Pepperoni Pizza
Vegetarian /Vegan Main	Broccoli and Soya Beans Pasta	Mediterranean Vegetable Stew	Greek-style Sweet Potato and Olives Stew	Home-Made Vegetable & Lentil Samosa	Spinach and Mozzarella Pizza
On the Side	Green Beans, Garlic Slice Bread	Parsley Boiled Potatoes	Whole Grain Rice	Thyme Roast New Potatoes Winter Market Vegetable	Julienne Fries Side Salad
To Follow	Coconut Rice Pudding with Caramelized Pineapple	Cherry Oat Squares with Chocolate Drizzle	Orange Marmalade Sponge, Custard	Fruit Yogurt	Mini Jam Doughnuts
	Fresh bread, jacket and sweet potatoes, pick & mix salad bar fresh fruit				

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Week 3 30/04,21/05,18/ 06,9/07	Monday	Tuesday	Wednesday	Thursday	Friday