

Spa Camberwell: Autumn Term Menu 2021

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Meal Choice 1	Pasta bake (Wheat)	Quorn Shepherds Pie (Egg, Sulphite, Milk)	Lentil lasagne (Wheat, Milk, May contain traces of egg)	Jollof Rice and Vegetable Curry	Fish goujons – (Fish, Wheat) with wedges
Meal Choice 2	Jacket potato with tuna. (Fish, Egg)	Pitta Pizza (Milk)	Quiche (Milk, Egg, Wheat)	Veggie Burger (Wheat, Mustard)	Mac n Cheese (Wheat, Milk)
Vegetables	Green beans and cauliflower	Baby carrots and Broccoli	Roasted vegetables and Peas	Baby corn and Cabbage	Peas and Beans
Salad Bar	Avocado salad Grated carrots and Lettuce	Italian salad Tomato and basil Sweetcorn salad	Greek salad – (Milk) Coleslaw – (Egg) Mixed leaves	Beetroot Potato salad – (Egg) Cucumber sticks	Pomegranate salad Mixed Leaves Rainbow Salad
Dessert Choice 1	Reb Berries	Lime and courgette cake (Wheat, Egg)	Mousse (Milk)	Melon Mix	Jelly
Dessert Choice 2	Fruit or Yogurt (Milk)	Fruit or Yogurt (Milk)	Fruit or Yogurt (Milk)	Fruit or Yogurt (Milk)	Fruit or Yogurt (Milk)