

Lowbrook Spring/ Summer Menu 2023



	Monday	Tuesday	Wednesday	Thursday	Friday	
Week One 17/04/2023 08/05/2023 05/06/2023 26/06/2023 17/07/2023 18/09/2023 09/10/2023	Option 1	Cheese & Tomato Pizza with Wedges	Beef Lasagne with Garlic Bread	Roast Gammon, Roast Potatoes & Gravy	Quirky Bird BBQ Chicken or Vegan Quorn with Jollof Rice & Salads	Fishfingers with Chips & Tomato Sauce
	Option 2	Crunchy Topped Vegetable Bake with New Potatoes	Wholemeal Vegetable Pasta Bake	NEW Sweet Potato & Spinach Flan with Roast Potatoes		Mexican Bean Roll with Chips & Tomato Sauce
	Vegetables	Mixed Salad Coleslaw	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Peas Baked Beans
	Dessert	NEW Syrup Snap Biscuit	Fruit Jelly with Mandarins	Freshly Chopped Fruit Salad	Iced Vanilla Sponge	Oaty Cookie
Or a choice of Yoghurt & Fresh Fruit available daily						
Week Two 24/04/2023 15/05/2023 12/06/2023 03/07/2023 04/09/2023 25/09/2023 16/10/2023	Option 1	Mac and Cheese Concept	Pork Sausage Hot Dog with Potato Wedges	Minced Beef & Onion Pie with Roast Potatoes	Chef's Special Chicken Korma with Rice	Fishfingers with Chips & Tomato Sauce
	Option 2	A choice of different Mac & Cheese flavours, with vegetarian toppings	Vegan Sausage Hot Dog with Potato Wedges	Potato and Courgette Layer Bake	Vegetable Wellington with New Potatoes & Gravy	NEW BEET Burger with Chips & Tomato Sauce
	Vegetables	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Peas Baked Beans
	Dessert	Summer Lemon Cake	Chocolate Shortbread	Fruit Medley	Peach Crumble with Cream	Vanilla Shortbread
Or a choice of Yoghurt & Fresh Fruit available daily						
Week Three 01/05/2023 22/05/2023 19/06/2023 10/07/2023 11/09/2023 02/10/2023	Option 1	NEW Chinese Vegetable Noodles	Spaghetti Bolognaise	Roast Chicken, Roast Potatoes, Stuffing & Gravy	NEW Greek Chicken Pita with Seasoned Wedges or NEW Spinach & Cheese Parcel with Seasoned Wedges	Fishfingers with Chips & Tomato Sauce
	Option 2	Lentil & Sweet Potato Curry with Rice	Vegan Spaghetti Bolognaise	Vegan Quorn with Stuffing, Roast Potatoes & Gravy		NEW Spinach & Cheese Parcel with Seasoned Wedges
	Vegetables	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Fresh Salad Rainbow Slaw	Peas Baked Beans
	Dessert	Peaches with Ice Cream	Carrot & Courgette Cake	Fruit Platter	Apple Flapjack	NEW Cornflake Tart
Or a choice of Yoghurt & Fresh Fruit available daily						

Available Daily:

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection

ALLERGY INFORMATION: If you would like to know about particular allergens in foods please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.