

Balcarras Lunches

Menu Week 1 – Tuesday 7th November, Monday 4th December

(Gluten Free in Green Vegetarian in Purple GF & Vegan in Blue)

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
RED		Spicy Chicken Enchiladas & New Potatoes (Contains Gluten & Milk)	Roast Chicken Breast, Sage & Onion Stuffing, Roast Potatoes & Gravy (Stuffing Contains Gluten)	Oven Baked Fillet of Fish & Chips (Contains Gluten)	Red Thai Chicken Curry with Rice & Naan Bread (Naan Contains Gluten)
YELLOW		Fusilli Pasta with Herbs, Black Olives & Feta Cheese (Contains Gluten & Milk)	Quorn Pasta Arriabata (Contains Gluten)	Vegetable Biryani	Sun Blushed Tomato Pasta Bake (Contains Gluten & Milk)
	Vegetables and Salad available each day Dessert available each day				

Balcarras Lunches

Menu Week 2 – Monday 13th November, Monday 11th December (excluding

Christmas lunch days, see separate letter)

(Gluten Free in Green Vegetarian in Purple GF & Vegan in Blue)

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
RED	Pasta Bolognese & Garlic Bread (Contains Gluten)	Hunters Chicken & Spicy Potato Wedges (Contains Gluten & Milk)	Roast Gammon with Stuffing, Roast Potatoes & Gravy (Stuffing Contains Gluten)	Oven Baked Fillet of Fish & Chips (Contains Gluten)	Chicken Tikka with Rice & Naan Bread (Naan Bread Contains Gluten)
YELLOW	Vegetable & Potato Bake	Penne Pasta with Sun Dried Tomato, Fresh Herbs & Feta Cheese (Contains Gluten & Milk)	Macaroni Cheese (Contains Gluten & Milk)	Vegetable Risotto	Mediterranean Pasta Bake (Contains Gluten & Milk)

Vegetables and Salad
Available each day

Dessert available each day

Balcarras Lunches

Menu Week 3 – Monday 20th November, Monday 18th December

(Gluten Free in Green Vegetarian in Purple GF & Vegan in Blue)

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
RED	Chicken Hot Pot	Cumberland Pie (Contains Milk)	Roast Beef with Yorkshire, Roast Potatoes & Gravy (Yorkshire Contains Gluten, Milk & Egg)	Chicken Burger and Chips (Contains Gluten)	Chicken Madras with Rice & Naan Bread (Naan Bread Contains Gluten)
YELLOW	Pasta with Basil & Tomato Sauce (Contains Gluten)	Pasta with Fresh Herbs, Sun Dried Tomatoes & Black Olives (Contains Gluten)	Quorn Pasta Arriabata (Contains Gluten)	Savoury Rice	Tuna Pasta Bake (Contains Gluten, Fish & Milk)
	Vegetables and Salad Available each day Dessert available each day				

Balcarras Lunches

Menu Week 4 – Monday 27th November

(Gluten Free in Green Vegetarian in Purple GF & Vegan in Blue)

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
RED	Sausage Casserole & Mashed Potato (Contains Gluten & Milk)	Beef Lasagna & New Potatoes (Contains Gluten & Milk)	Roast Loin of Pork with Stuffing, Roast Potatoes and Gravy (Stuffing Contains Gluten)	Oven Baked Fillet of Fish & Chips (Contains Gluten)	Sweet & Sour Chicken with Rice & Prawn Crackers (Contains Gluten)
YELLOW	Pasta with Sun Dried Tomatoes, Garlic & Fresh Herbs (Contains Gluten)	Red Lentil & Vegetable Curry & Rice	Macaroni Cheese (Contains Gluten & Milk)	Mediterranean Vegetable Pasta (Contains Gluten)	Roasted Vegetable & Tomato Pasta Bake (Contains Gluten & Milk)
	Vegetables and Salad available each day Dessert available each day				