

Lunch Menu *WEEK 1*

THE LONDON
ORATORY SCHOOL



	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Main Meals</i>	Soup of the Day with Croutons	Soup of the Day with Croutons	Soup of the Day with Croutons	Soup of the Day with Croutons	Soup of the Day with Croutons
	Wholegrain Penne with Meatballs & Tomato Sauce	Beef Provencal	Garlic & Herb Chicken Kebabs	Hot Dogs with Tomato & Onion Relish	Fish Fingers with Lemon & Mayonnaise
	Spinach & Ricotta Tortelloni	Lentil & Root Vegetable Casserole	Vegetable Kebabs	Vegetable Hot Dogs	Polenta & Roast Vegetables
<i>Pasta Bar</i>	Wholegrain Pasta with Arrabbiata Sauce	Pasta with a Tomato & Caper Sauce	Pasta with Smoked Peppers & Tomatoes	Pasta with Ratatouille	Wholegrain Pasta with Mushrooms & Tarragon
<i>Side Dishes</i>	Steamed Green Beans with Red Onions	Mashed Potatoes with Olive Oil	Braised Brown Rice with Lentils	Green Beans with Cherry Tomatoes	Potato Wedges
	Steamed Spinach	Roast Cauliflower	Roast Courgettes & Peppers	Steamed Broccoli	Garden Peas
	Selection of Freshly made Salads	Selection of Freshly made Salads	Selection of Freshly made Salads	Selection of Freshly made Salads	Selection of Freshly made Salads
<i>Dessert</i>	Fruit Salad, yoghurt pots, Jelly, Cold dessert of the day	Fruit Salad, yoghurt pots, Jelly, Cold dessert of the day	Fruit Salad, yoghurt pots, Jelly, Cold dessert of the day	Fruit Salad, yoghurt pots, Jelly, Cold dessert of the day	Fruit Salad, yoghurt pots, Jelly, Cold dessert of the day
	Chocolate Chip Cake	Courgette Cake with a Lemon Drizzle	Apple Crumble	Steamed Sultana Cake	Banana Cake with Toffee Sauce