

# Lilibet's

Week 1

## Monday

**Break**

Watermelon/Nacho's  
Cucumber sticks.

**Main**

Spaghetti with roasted  
tomato sauce (V)

**Free From**

Gluten free pasta  
with tomato sauce  
GF garlic bread

**Sides**

Steamed vegetables  
Garlic Bread

**Dessert**

Yoghurt & whole fruit

## Tuesday

**Break**

Apple Wedges/Popcorn  
Carrot sticks

**Main**

Sausages in onion gravy  
Quorn Sausages in onion  
gravy

**Free From**

Vegan Sausage in onion  
gravy/  
Stuffed Pepper

**Sides**

Mashed Potato  
Steamed vegetables

**Dessert**

Fruit jelly (V) & whole  
fruit

## Wednesday

**Break**

Watermelon/Nacho's  
Cucumber sticks.

**Main**

Mexican Beef Chili

**Free From**

Roast vegetable and 5  
bean chili

**Sides**

Herby Couscous  
Sweetcorn  
Salad Bar

**Dessert**

Yoghurt & whole fruit

## Thursday

**Break**

Apple Wedges/Popcorn  
Carrot sticks

**Main**

BBQ Chicken Thigh

**Free From**

Vegan Burger  
**Sides**

Chipped Potato's  
Roasted Carrots

**Dessert**

Lemon and Raisin Cookie  
& whole fruit

## Friday

**Break**

Watermelon/Nacho's  
Cucumber sticks.

**Main**

Chicken and Vegetable  
Pie

**Free From**

Country Vegetable Pie

**Sides**

New Potato's  
Steamed vegetables

**Dessert**

Fruit jelly (V) & whole  
fruit

**All Free From Options listed are free from gluten, egg & dairy  
Jacket potato & baked beans with steamed vegetables also available daily**

# Lilibet's

## Week 2

### Monday

#### Break

Apple Wedges/Popcorn  
Carrot sticks

#### Main

Macaroni Cheese With  
Garlic Bread

#### Free From

Roasted Tomato sauce  
with gluten free pasta  
and gf garlic bread

#### Sides

Garlic Bread  
Steamed vegetable

#### Dessert

yoghurt & whole fruit

### Tuesday

#### Break

Watermelon/Nacho's  
Cucumber sticks.

#### Main

Katsu Chicken Curry

#### Free From

Sweet Potato & Vegetable  
Katsu(V)

#### Sides

Sticky Rice  
Sauté Vegetables

#### Dessert

Fruit jelly & whole fruit

### Wednesday

#### Break

Apple Wedges/Popcorn  
Carrot sticks

#### Main

Moroccan Meatballs

#### Free From

Vegan Meatballs

#### Sides

Fragrant Couscous  
Steamed vegetables

#### Dessert

yoghurt & whole fruit

### Thursday

#### Break

Watermelon/Nacho's  
Cucumber sticks.

#### Main

Chicken Shawarma Wrap

#### Free From

Roast courgette and  
pumpkin Wrap  
With Halloumi

#### Sides

Fries  
sweetcorn  
Coleslaw

#### Dessert

Coconut jam sponge

### Friday

#### Break

Apple Wedges/Popcorn  
Carrot sticks

#### Main

Beef Stifado

#### Free From

Vegetable Stew

#### Sides

Boiled Rice  
Fresh vegetable Ketchup

#### Dessert

Fruit Jelly & whole fruit

**All Free From options listed are free from gluten, egg & dairy  
Jacket potato & baked beans with steamed vegetables also available daily**

# Lilibet's

Week 3

## Monday

Break

Watermelon/Nacho's  
Cucumber sticks.

Vegetarian bolognaise  
with spaghetti (V)

**Free From**

GF Penne Pasta With  
Roast Pepper Sauce

**Sides**

Garlic Bread  
Steamed vegetables

**Dessert**

Fruit yoghurt & whole  
fruit

## Tuesday

Break

Apple Wedges/Popcorn  
Carrot sticks

Roast Chicken

**Free From**

Cauliflower Cheese

**Sides**

Roast Potatoes  
Parsnips and Carrots  
Herb gravy

**Dessert**

Fruit jelly & whole fruit

## Wednesday

Break

Watermelon/Nacho's  
Cucumber sticks.

Beef Stew

**Free From**

Roasted Vegetable Stew

**Sides**

Mashed Potato  
Broccoli & cauliflower  
Herb gravy

**Dessert**

Fruit yoghurt & whole fruit

## Thursday

Break

Apple Wedges/Popcorn  
Carrot sticks

Fish Fingers With Tartar  
Sauce

**Free From**

Red Onion And  
ratatouille stuffed  
pepper

**Vegetarian**

Cheese And Onion Pasty

**Sides**

Chips  
Steamed vegetables

**Dessert**

Chocolate Cookie

## Friday

Break

Watermelon/Nacho's  
Cucumber sticks.

Chicken Tikka Masala

**Free From**

Eggplant and sweet  
Potato Curry(V)

**Sides**

Pilaf Rice  
Naan Bread  
Steamed vegetables

**Dessert**

Fruit jelly & whole  
fruit

**All Free From options listed are free from gluten, egg & dairy  
Jacket potato & baked beans with steamed vegetables also available daily**