

Weekly Menu - 1

Meat Free Monday	Tasty Tuesday	Wholesome Wednesday	Trip Thursday
Caribbean Stir Fry Veggies with Rice	Build your own Tacos. Served family style with salad and Tortillas	Jacket Potato: Served with Baked Beans, Cheese and Salad	Wraps: Tuna, Cucumber & Mayo Hummus & Grated Carrot (v) Cheese, Salad (v) Cinnamon, Raisin
	Fillings: Black Bean (v) Chicken	Yoghurt and fresh fruit	Puff Pastry Rolls
	Seasonal Fruit Kebabs		



Weekly Menu - 3

Meat Free Monday	Tasty Tuesday	Wholesome Wednesday	Trip Thursday
Veggie Stir Fry (v) Peppers, Bean Sprouts, Garlic, Red Cabbage, Spring onion, 5 Spice, Soya Sauce, Noodles	Jerk Chicken Caribbean Veg Stew / Plantain (v) Served with Rice & Peas	Burrito Bowls Chicken or Black Bean (v) Served with rice, lettuce and grated cheese	Sandwich selection: Ham, cheese salad, tuna Cereal Bars/Crisps
Fresh Fruit Kebabs	Side Salad*	Strawberry, Granola and natural Yoghurt Cups	
	Pineapple Upside Down Cake		



Weekly Menu - 2

Meat Free Monday	Tasty Tuesday	Wholesome Wednesday	Trip Thursday
5 Hidden Veg Pasta (blended with lentils) (v) Served with grated cheese	Baked Beef Suya African style Veg Stew (v) Served with Jollof Rice & Coleslaw	Spring Mac N Cheese (v) Served with baked chicken Traditional West Indian Mac n Cheese with a twist. Spinach blended into the bechamel sauce	Not Quite Burgers, Burgers: Baked chicken Falafel (v) Served with salad, mayo/ketchup
Seasonal Fruit Kebabs	Cereal Bars	Rhubarb Crumble	Banana, nutella caramel (allergy dependant) roll ups



Weekly Menu - 4

Meat Free Monday	Tasty Tuesday	Wholesome Wednesday	Trip Thursday
Veggie pasta bake (v) Fresh Fruit Kebabs	Baked Brown Stew Chicken Caribbean Veg Stew (v) Served with rice	West African Stew (v) Served with Baked Sweet Potatoes	Burgers Breaded Chicken or Veg alternative (v) Crudite
	Side Salad	Side Salad	
	Apple Crumble	Fruit with caramel sauce	Cereal Bars/Crisps

Weekly Menu - 5

If you require additional weeks menus please contact us on kitchen@springcommunityhub.org.uk