

YUM YUM  
Nutritious School Lunches  
Menu Summer 2022

[www.vnk.gi](http://www.vnk.gi)

Week 1:

Monday

Penne with roast tomato and aubergine cheese bake  
(SI: Aubergine, Carrot, celery)  
Fresh fruit

Tuesday

Creamy light korma chicken curry with steamed rice  
(SI: pumpkin and sweet potato, carrots)  
Fresh fruit

Wednesday

Spanish potato tortilla with mixed salad  
Fresh fruit

Thursday

Spaghetti Bolognese  
(SI: Carrots, leeks, red peppers and mushrooms)  
Fresh Fruit

Friday

Battered fish goujons, roast potatoes and buttered peas and carrots  
Yogurt

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Week 2:

Monday

Penne with roast tomato and aubergine cheese bake  
(SI: Aubergine, Carrot, celery)  
(SI: Tomatoes, red peppers, mushrooms and carrots)  
Fresh fruit

Tuesday

Roast breast of chicken with white wine and thyme gravy, potato puree and seasonal vegetables  
Fresh fruit

Wednesday

Special of the week, changes every other week, here's where we try out new dish and cook old favourites

- Sheppard's pie
- Chicken churrasco and chorizo bake with roast potatoes
- Noodle stir-fry with chicken and mixed veggies
- Moroccan chicken with rice or cous cous

Fresh fruit

Thursday

Rosto with macaroni (Traditional braised pork in tomato sauce with macaroni and cheddar cheese)  
Fresh fruit

Friday

Battered fish goujons with mashed potatoes and buttered carrots and sweetcorn  
Yogurt or zero sugar jelly with fresh fruit

Fresh fruit this term:

Watermelon, melon, apples and strawberries

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Week 1 (vegetarian):

Monday

Penne with roast tomato and aubergine

Mozzarella cheese bake

(SI: Aubergine, Carrot and celery)

Fresh fruit

Tuesday

Vegetable creamy light korma curry with steamed rice

(SI: Split lentils)

Fresh fruit

Wednesday

Spanish potato tortilla with mixed salad

Fresh fruit

Thursday

Vegetarian no-meat-balls in tomato with spaghetti

(SI: Carrots, leeks, red peppers and mushrooms)

Fresh fruit

Friday

Courgette, chickpea and cheddar fritters, homemade oven chips and buttered peas and carrots

Yogurt or zero sugar jelly with Fresh fruit

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Week 2 (vegetarian):

Monday

Penne with roast tomato and aubergine  
Green salad with sesame seeds  
(SI: Tomatoes, red peppers, mushrooms and carrots)  
Fresh fruit

Tuesday

Vegan bangers and mash with seasonal vegetables and mushroom gravy  
Fresh Fruit

Wednesday

Special of the week, changes every other week, here's where we try out new dish and cook old favourites. A different vegetarian option will be available on each week. A vegetarian version of the dish of the day.  
Fresh fruit

Thursday

Roast vegetable and chickpeas in tomato with macaroni and cheddar cheese  
Fresh fruit

Friday

Battered marinated tofu or courgette and cheddar fritters with home-made oven chips,  
Yogurt or zero sugar jelly with Fresh fruit