Liverpool College

Week 4
Lactose Free

Monday

Oven Baked Cod Fish Fingers

Vegetable Spring Roll
& Sweet Chilli Dipping Sauce

Chocolate Chip Shortbread

Tuesday

Cajun Chicken in Soft Tortilla Wrap

Feta & Sun Dried Tomato Quiche

Ice Cream

Wednesday

Assorted Thin & Crispy Pizza Slice

Margherita Pizza

Fruit Jelly

Thursday

Turkey Meatballs & Pasta
in Tangy Vegetable Sauce

Veggie Balls in Tangy Vegetable Sauce

Fruity Flapjack

Friday

Katsu Chicken & Rice

Pea & Mint Risotto

Iced Sponge

Available Daily

Fresh Fruit
Salad Bar
Pasta Bar with Various Sauces
Jacket Potato with Various Fillings
Assorted freshly Made Sandwiches
A Selection of Seasonal Vegetables & Potatoes