

## Summer Game Time Menu Schedule

	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>
<b>Meat Option</b>	<p><b>Chicken and Jollof (Tomato) Rice</b></p> <p><b>Not spicy</b></p> <p>Halal Chicken breast.</p> <p>Halal Lamb.</p> <p>Broken Basmati rice, chopped tomato, tomato puree, sunflower oil, garlic, Scotch bonnet pepper, sweet pepper, spring onions, white onion, and mixed pepper.</p>	<p><b>Beef Bolognese</b></p> <p>Pasta: egg, flour, olive oil, and salt,</p> <p><b>Minced Beef</b></p> <p>100% beef mince, chopped tomato, tomato puree, garlic, pepper, mixed herbs, onions.</p>	<p><b>Chickpea Curry</b></p> <p>Chickpea, curry powder, all-purpose seasoning thyme, sunflower oil, white onion, garlic, pimento seed, scotch bonnet, chicken stock, and white rice.</p>	<p><b>Chicken wrap</b></p> <p>Tortilla wrap, flour, salt, olive oil, diced chicken, garlic, pepper, onions, mixed peppers, cheese, sweet chilli jam, paprika seasoning, all-purpose seasoning, salad</p>
<b>Vegetarian Option</b>	<p><b>Vegetarian Jollof (Tomato) Rice Mix</b></p> <p><b>Not spicy</b></p> <p>Veggie Soy chunk pieces, basmati rice, chopped tomato, tomato puree, sunflower oil, garlic, Scotch bonnet pepper, sweet pepper, spring onions, white onion, mixed pepper.</p>	<p><b>Vegetarian Bolognese</b></p> <p>Pasta: egg, flour, olive oil, and salt,</p> <p>Veggie soy mince, chopped tomato, tomato puree, garlic, pepper, mixed herbs, onions.</p>	<p><b>Veggie stew with couscous</b></p> <p>Couscous: Durum wheat semolina</p> <p>Veggie soy chunks, olive oil, onions, mixed pepper, black pepper, paprika, carrot, vegetarian bouillon, Halal Lamb</p>	<p><b>Falafel Wrap</b></p> <p>Tortilla wrap, flour, salt, olive oil, chickpeas, pepper, onions, mixed peppers, cheese, garlic sauce, all-purpose seasoning, salad</p>
<b>Salad</b>	Green salad leaves, tomato, cucumber, carrots, onion, peppers	Green salad leaves, tomato, cucumber, carrots, onion, peppers	Green salad leaves, tomato, cucumber, carrots, onion, peppers	Green salad leaves, tomato, cucumber, carrots, onion, peppers
<b>Desert</b>	Fruit selection	Fruit selection	Fruit selection	Fruit selection

## Important information

All meat meals are Halal. Beef is 100% beef. Vegetarian options may include dairy products.

Please inform us if your child is vegan or has food allergies in your registration or by email [info@thementoringlab.co.uk](mailto:info@thementoringlab.co.uk), titling your email FOOD ALLERGY NOTICE!

## Healthy Meal Competition

Win £30 supermarket vouchers (store of your choice) by taking part in our healthy meal competition. Simply tell us how you get your children to eat the healthy foods you cook? What tips and tricks could you share with young people, parents and carers, to get children to eat healthier foods? In a short selfie video let us know how you;

- Organise your healthy weekly menu and £save
- Encourage your children to eat healthy snacks after school
- Encourage your children to eat fruits, veg and lots of water

Submit your video or healthy meal option via this short form [here](#)

## Feedback on the Quality of Food

Give us feedback about the quality of our food via [this short form](#), this is also the quickest way to make a complaint about the food. If however, it is an urgent matter, please call us directly on 02081588500 or email [info@thementoringlab.co.uk](mailto:info@thementoringlab.co.uk), titling the email FOOD ISSUE!

