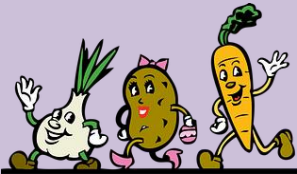




Serenity School Student Menu **Week 1**



Day	Meat Option	Vegetarian Option	Side Dish
Monday	Spaghetti Bolognese (with Beef) Ingredients: Beef, tomato sauce, mixed herbs, white pepper	Vegetarian Spaghetti Bolognese Ingredients: Tomato sauce, mixed herbs, white pepper	White rice or potatoes (oil, mixed spices, salt & pepper) + Salad
Tuesday 	Jerk Chicken Ingredients: Chicken, mixed seasoning herbs, salt, coriander, sugar, marjoram, cinnamon, nutmeg, black pepper, citric acid, ground pimento	Vegetarian Jerk Ingredients: vegetables, chili powder, nutmeg, black pepper, marjoram, cinnamon, citric acid, ground pimento	White rice or potatoes (oil, mixed spices, salt & pepper) + Salad
Wednesday	Beef Lasagna Ingredients: Beef, lasagna sheets, tomato sauce, mixed herbs	Vegetarian Lasagna Ingredients: Lasagna sheets, tomato sauce, mixed vegetables, mixed herbs	White rice or potatoes (oil, mixed spices, salt & pepper) + Salad
Thursday	Chicken Mac & Cheese Ingredients: Chicken, pasta (macaroni), cheese, cream, white pepper	Vegetarian Mac & Cheese Ingredients: Pasta (macaroni), cheese, mixed vegetables, cream, white pepper	White rice or potatoes (oil, mixed spices, salt & pepper) + Salad
Friday 	Pepperoni Pizza Ingredients: Pizza base (wheat flour), tomato sauce, pork, pork fat, paprika, salt, garlic, oregano	Mixed Vegetable Pizza Ingredients: Pizza base (wheat flour), tomato sauce, mixed vegetables	White rice or potatoes (oil, mixed spices, salt & pepper) + Salad 