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# MK MELTING POT MENU

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## Menu 1

*Monday:* Savoury mince served with steamed rice  
**Allergens = None**

*Vegetarian Option:* Tomato and basil pasta  
**Allergens = Gluten**

*Tuesday:* Chicken curry served with carrots and rice  
or naan bread  
**Allergens = Gluten**

*Vegetarian Option:* Vegetable Balti with couscous  
**Allergens = Gluten**

*Wednesday:* Spaghetti Bolognese  
**Allergens = Milk and Gluten**

*Vegetarian Option:* Macaroni and cheese with vegetables  
**Allergens = Milk and Gluten**

*Thursday:* Roast chicken with brown rice  
**Allergens = None**

*Vegetarian Option:* Bean stew served with potatoes  
**Allergens = Soya**

*Friday:* Tuna pasta bake  
**Allergens = Fish, Milk and Gluten**

*Vegetarian Option:* Vegetable curry with Bombay potatoes  
**Allergens = Soya**

## Menu 2

Monday: *Beef stir-fry with penne pasta*  
**Allergens = Gluten**

*Vegetarian Option: Vegetable curry with steamed rice*  
**Allergens = None**

Tuesday: *Spanish chicken with rice*  
**Allergens = None**

*Vegetarian Option: Tri beans casserole and parsley potatoes*  
**Allergens = Soya**

Wednesday: *Beef Bolognese with seasonal vegetables*  
**Allergens = Gluten**

*Vegetarian Option: Vegetable stir-fry and noodles*  
**Allergens = Gluten**

Thursday: *Roast chicken with brown rice*  
**Allergens = None**

*Vegetarian Option: Leek, coriander and tomato pasta bake*  
**Allergens = Milk and Gluten**

Friday: *Mexican beef with penne pasta*  
**Allergens = Gluten**

*Vegetarian Option: Carrot and coriander rice*  
**Allergens = None**