ſ	THE GOWER SCHOOL	Week 3 - Summer 2025			
	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup of the day				
Lunch option 1	Spaghetti with tomato sauce	Red lentil, borlotti bean and spinach ragout	Mild mixed bean chilli with sour cream and avocado	Plant based burger in a bap	Margherita pizza
Lunch option 2	Pasta with cheesy bechamel sauce	Jacket potato with baked beans	Pasta with peas, asparagus and pesto	Greek style Mediterranean vegetable and feta bake	Baked vegetable burritos with salsa
Sides include a salad bar	Garlic bread, peas and grated cheese	Crushed potatoes and roasted cauliflower	Steamed rice and roasted carrots	Potato wedges, sweetcorn and burger toppings	Mixed roasted vegetables
Low sugar dessert and daily fresh fruit	Fruit salad with yoghurt	Banana bread	Fruit salad with yoghurt	Mixed summer berry mousse	Fruit salad with yoghurt
Afternoon tea	Cheese and onion puff pastry rolls with mixed salad	Selection of sandwiches and crudités	Roasted vegetable and cous cous salad	Tomato pasta bake	Pitta bread, houmous crudites, mixed salad