



# Lunch

Week One



	Monday	Tuesday	Wednesday	Thursday	Friday
Mains	Pork & Apple Casserole Pea Protein & Apple casserole	Beef Lasagne Vegetable & Lentil Lasagne	Chicken & Mushroom Pie Quorn, Mushroom & Leek Pie	Lamb Tagine Butternut Squash & Harissa Tagine	Battered Pollock Battered Sausage
Sides	Herb Mash Potato Roasted Cauliflower Braised Carrots	Green Beans with Lemon Oil Garlic Foccacia Sweet Potato, Maple chilli, Fennel Seeds	Steamed New Potatoes Savoy Cabbage with Apple Roasted Broccoli	Roasted Chickpeas Sautéed Kale Spiced Aubergine	Chips Mushy Peas Tartare Sauce
Salad	Persian Potato Salad with Crispy Chickpeas & Grilled Courgette English Garden Giant Pearled Couscous Salad Chefs Choice	Roasted Butternut Squash & Chickpea Salad with Sun-Dried Tomatoes & Feta Salad Spiced Aubergine with Roasted Onions, Chilli & Mint Chefs Choice	Pasta & Mixed Beans in a Pesto Dressing Green Lentils, Cumin Roasted Carrot & Broccoli With Mint Chefs Choice	Tomato, Pepper & Pomegranate Salad, Pomegranate Balsamic Dressing Greek White Bean Cherry Tomato Pickled Red Onion Rocket Dill & Oregano Salad Chefs Choice	Crushed Pea, Mint & Charred Courgette, Garlic Chive Oil Bulgurwheat Salad Spiced Sticky Parsnip Salad Chefs Choice
Dessert	Ginger and Pineapple Sponge Pudding A Selection of Dessert Pots, Yoghurt with Fruit Compote & Jelly	Chocolate Mousse Cake A Selection of Dessert Pots, Yoghurt with Fruit Compote & Jelly	Orange Glazed Sticky Sponge Pudding A Selection of Dessert Pots, Yoghurt with Fruit Compote & Jelly	Mixed Berry Rice Pudding A Selection of Dessert Pots, Yoghurt with Fruit Compote & Jelly	Chocolate Fudge Brownie A Selection of Dessert Pots, Yoghurt with Fruit Compote & Jelly

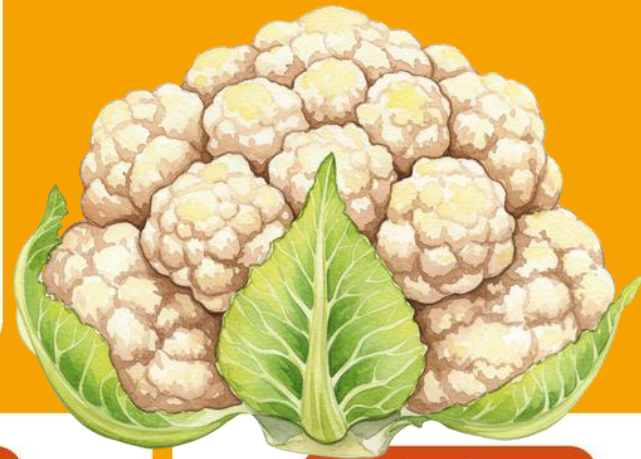
**Soup of the day**  
Served with Freshly Baked Breads

**Jacket Potato Bar**  
Topped with Baked Beans, Cheese or the Chef's Daily Special.

**Pasta Bar**  
Pasta with Tomato or Cream Sauce.

**Fruit Bar**  
Selection of Fresh Fruit.





# Lunch

Week Two



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mains</b>	Beef Rendang Honey Soy Mushroom & Pulled Quorn	Jerk Chicken Leg Roasted Spiced Tempeh	Pork & Leek Sausage, with Onion Gravy Quorn Sausage, Sauteed Leeks, Onion Gravy	Spiced Honey Chicken North African Spiced Pea Protein	Pepperoni Pizza Cheese & Tomato Pizza
<b>Sides</b>	Lime & Coriander Rice Roasted Broccoli with Chilli Chickpea, Coconut & Mango Salad	Sauted Potato Grilled Courgettes Caraway Carrots	Cheesy Mash Steamed Kale Roasted Cauliflower	Rosemary New Potatoes Harissa Seasonal Vegetables Roasted broccoli	Spiced Wedges BBQ Beans Red Slaw
<b>Salad</b>	Beetroot Spelt Grain Spinach Burnt Onion & Tarragon Salad Korean Roasted Broccoli Mushroom & Lentil Salad	Turkish Chickpea Aubergine Salad Spiced with Cumin, Paprika Parsley & Dill Crushed Pea, Mint & Charred Courgette, Garlic Chive Oil Bulgurwheat Salad	Harissa Spiced Squash Kale, Green Apple, Red Quinoa, Toasted Seeds Cannellini Bean, Cherry Tomato & Rosemary Salad	Tomato, Rocket, Red Onion, Italian Cheese & Balsamic Dressing Italian Salad Sweetcorn & Red Kidney Bean	Roasted Peppers, Onions, Aubergines, Courgettes & Pasta Salad in a Tomato Dressing Beetroot Fennel & Feta Salad
<b>Dessert</b>	Chefs Choice Coconut Rice Pudding with Mango Coulis A Selection of Dessert Pots, Yoghurt with Fruit Compote & Jelly	Chefs Choice Red Velvet Cake with custard A Selection of Dessert Pots, Yoghurt with Fruit Compote & Jelly	Chefs Choice Yoghurt Pear & Raspberry Eton Mess A Selection of Dessert Pots, Yoghurt with Fruit Compote & Jelly	Chefs Choice Apple, Date & Carrot Sponge A Selection of Dessert Pots, Yoghurt with Fruit Compote & Jelly	Chefs Choice Lemon Meringue A Selection of Dessert Pots, Yoghurt with Fruit Compote & Jelly

<p><b>Soup of the day</b> Served with Freshly Baked Breads</p>	<p><b>Jacket Potato Bar</b> Topped with Baked Beans, Cheese or the Chef's Daily Special.</p>	<p><b>Pasta Bar</b> Pasta with Tomato or Cream Sauce.</p>	<p><b>Fruit Bar</b> Selection of Fresh Fruit.</p>
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# Lunch

Week Three



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mains</b>	Beef Bolognese Vegetable & Lentil Bolognese	Chicken Madras Tofu and Spinach Curry	Cottage Pie, Thyme & Onion Crust Seasonal Vegetable & Quorn hotpot	Spiced Turkey, Sweet Potato & Kale Casserole Pulled BBQ Jackfruit	Chicken Katsu Quorn Katsu
<b>Sides</b>	Spaghetti, Garlic bread Glazed Carrots Oregano Roasted Vegetables	Pilau Rice Curried Butternut & Aubergine Chota Naan	Sauteed Savoy Cabbage & Fresh Apple Caraway Carrots Steamed New Potato	Stir Fried Noodles Roasted Broccoli Chilli Sweetcorn	Sticky Rice Shredded Cabbage Curry Sauce
<b>Salad</b>	Chickpea, Beetroot & Avocado Watermelon, Cucumber, Mint & Feta Chefs Choice	Quinoa & Cauliflower Herbed Cous Cous & Lemon Chefs Choice	Blackbean, Quinoa and Lime Lentil, Beetroot & Orange Chefs Choice	Curried Chickpea & Roasted Cauliflower Salad With Baby Spinach & Coriander Turkish Brown Rice & Avocado Salad, Saffron Yoghurt Dressing Chefs Choice	Aubergine & Lentil Salad Blackbean, Root, Chipotle Dressing Chefs Choice
<b>Dessert</b>	Tiramisu A Selection of Dessert Pots, Yoghurt with Fruit Compote & Jelly	Lemon Drizzle A Selection of Dessert Pots, Yoghurt with Fruit Compote & Jelly	Forest Berry Crumble Cake A Selection of Dessert Pots, Yoghurt with Fruit Compote & Jelly	Lemon Cheesecake A Selection of Dessert Pots, Yoghurt with Fruit Compote & Jelly	Spiced Banana Bread with Cinnamon Custard A Selection of Dessert Pots, Yoghurt with Fruit Compote & Jelly

<p><b>Soup of the day</b> Served with Freshly Baked Breads</p>	<p><b>Jacket Potato Bar</b> Topped with Baked Beans, Cheese or the Chef's Daily Special.</p>	<p><b>Pasta Bar</b> Pasta with Tomato or Cream Sauce.</p>	<p><b>Fruit Bar</b> Selection of Fresh Fruit.</p>
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