

Lunch Menu

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh soup	Field Mushroom & Parsley with Mascarpone	Sweet Potato & Watercress with pesto	Pea & Mint with Croutons	Carrot & Coriander with Crème Fraiche	Roasted tomato & Butterbean with Rocket		
Hot off the pass	Chicken Balti with Poppadoms	Creamy Gammon & mushroom Pie topped cracked black pepper puff	Sumac spiced Chicken with Mint & Orange	Mexican pork steaks with Tomato & Black Bean sauce	Battered Fish of the day with Lemon & tartare Fishfingers	Chicken & Prawn Paella	Turkey Meatballs in a Tomato & Basil Sauce
	Red lentil & Vegetable Curry	Courgette , Red Onion & Pepper frittata	Mushroom & spinach lasagne	Beetroot, goats Cheese & red onion tart	Homemade Sausage Roll Sweetcorn, Chilli & Spring onion Fritters drizzled with sweet chilli	Vegetable Paella	Gnocchi with roasted vegetables & pesto
Jacket or pasta with fresh sauces & toppers							
On the side	Steamed Rice Mango Chutney Tomato, onion & Coriander salad Fine Green beans	Minted new Potatoes Braised Red Cabbage Peas	Citrus Cous Cous Stir fry cabbage Sweetcorn	Herby Roast Diced Potato Baton Carrots Broccoli	Chunky Chips Peas Chip Shop Curry Sauce	Garlic Slice Mini Corn on the Cob	Spaghetti Chef's Salad
Something Sweet	Chocolate & Beetroot Sponge & Chocolate sauce	Lemon & Poppy seed cake with Cream	Apple & Cherry Crumble with Cream	Banana & blueberry cake with Cream	Rice pudding with strawberry Jam	Ice Coffee & White Chocolate Cake	Chocolate Marmalade Sponge
Cold dessert	Daily Selection of potted desserts & Chopped fruits						