

Lunch Menu

Week 1

**MEAT FREE
MONDAY**

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Soup

Smokey Corn & pepper

Use up Chunky Vegetable, Harissa & bean broth

Warm spiced lentil Soup with Pesto

Cheesy Potato & red onion Veloute with Leeks

Classic Minestrone with Parmesan



Hot off the pass

Soya Mince & Bean chilli with Chive Sour cream & Tortilla Chips

Butchers Choice Sausages with Caramelized Onions & Gravy

Turkey, Chilli, Garlic & Tomato Casserole

Rich Beef Bolognese

Battered Fish with Tartare & Lemon Wedge Fish fingers

Assorted Baguette's, Wraps

2oz beef burger
Bacon
Pork or Chicken Sausage

Mushroom, Black Bean with Tofu & Coriander with Chive Sour cream & Tortilla Chips

Bubble & Squeak with a fried egg

Roasted Vegetable, Pesto & parmesan Cheese Tart

Italian Style Squash, Vegetable & chick pea Ragu with pesto

Pulled Chicken in a Bao Bun
Pulled Jackfruit in a Bao Bun

Meatballs
Mozzarella Cheese
Salami
Roasted Vegetables
Haloumi Slices

Vegetable Sausage
Potato Waffles
Fried egg
Onion Rings

Jacket Potatoes or Pasta with fresh sauces & toppers

On the side

Turmeric rice
Refried beans
Green beans

Potato wedges
Peas
Sliced Carrot

Cheddar & spring onion Mash
Fine green Beans
Cauliflower

Spaghetti
Sweetcorn
Garlic Slice

Chunky Chips
Peas
Chip Shop Curry sauce

Jacket Potatoes
Deli Salads

Baked beans
Grilled tomato

Something Sweet

Lemon & Blueberry sponge with Custard

Vanilla Rice Pudding with Fruit Compote

Apple & Raspberry Oaty crumble with Custard

Chocolate & Caramel Bread & butter pudding with Custard

Pear & Sultana Sponge with Cream

Warm Chocolate Brownie & Cream

Toast
Cereals

Lunch Menu

Week 2	MEAT FREE MONDAY	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Soup</i>	Plum Tomato & red pepper with spinach	Sweetcorn Chowder	Broccoli & stilton with toasted seeds	Sweet Potato & Coconut with Chilli jam	Cream of mushroom with tarragon Cream		
<i>Hot off the pass</i>	Mac 'n' Cheese with fried pepper & onion garnish	Beef Burger or Chicken Burger in a Bap	Slow cooked Chunky beef Chilli with Sour cream & Nacho's	Black Bean Pork & Mushrooms with Prawn Crackers	Battered Fish with Tartare & Lemon Wedge Fish fingers	Assorted Baguette & Focaccia	2oz beef burger Bacon Pork or Chicken Sausage
	Vegetable, Tomato & Basil pasta Bake	Spicy Bean Burger in a Bap	Aubergine, Chickpea, Spinach Coconut Curry	Sweet & Sour Vegetables	Street Hot Dog Courgette, Red Onion & Pepper frittata	Pulled BBQ Pork Mozzarella Cheese Pastrami Samosa Roast Flat Mushroom	Vegetable Sausage Saute Potatoes Scrambled egg Onion Rings
Jacket Potatoes or Pasta with fresh sauces & toppers							
<i>On the side</i>	Garlic Slice Pea 'n' Corn	Skinny fries Saute mushrooms Fried Onion	Steamed Rice Fine Green beans	Egg Noodles Trio of Garlic infused Greens	Chunky Chips Mushy Peas Chip Shop Curry sauce	Jacket Potatoes Deli Salads	Baked beans Saute Mushrooms
<i>Something Sweet</i>	Classic Steamed Jam Sponge with Custard	Mixed fruit Pie & Custard	Chocolate marble Sponge with vanilla cream	Apple & rhubarb Crumble with Custard	Rice pudding with Jam	Chocolate Rice Crispy square	Toast Cereals

Lunch Menu

Week 3

**MEAT FREE
MONDAY**

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Soup

Pea, Potato, & Spinach with Crème fraiche

Hearty Mexican bean broth with salsa & crushed nacho's

Cream of Parsnip & Leek

Tomato & butterbean with Rocket

Spiced Roasted Carrot & coriander



Vegetable & Chickpea with Mini Poppadam's

Chunky Beef & Root Vegetable Pie topped Puff Pastry

Classic Roasted Chicken with Rich Gravy & Stuffing

Sweet & Sour pork with prawn Crackers

Battered Fish with Tartare & Lemon Wedge
Fish fingers

Assorted Baguettes & Bagel

2oz beef burger
Bacon
Pork or Chicken
Sausage

Hot off the pass

Squash, Spinach & Coconut Dhansak

Tomato, Pepper & Basil Risotto with Parmesan

Creamy Mushroom & spinach lasagne

Sweet Chilli Vegetables & Tofu

Walking Taco Bags

Pulled Beef
Mozzarella Cheese
Streaky Bacon
Roast peppers
Guacamole

Vegetable Sausage

Skinny Fries
Fried egg
Onion Rings

Jacket Potatoes 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

Herby Roast Diced Potato
Savoy Cabbage
Sweetcorn

Egg Noodles
Baton Carrots
Broccoli

Chunky Chips
Peas
Chip Shop Curry Sauce

Jacket Potatoes
Deli Salads

Baked beans
Plum tomato

Something Sweet

Chocolate Sponge with Chocolate Sauce

Apple & Blackcurrant Pie with Cream

Pear & Plum Crumble with Custard

Raspberry & white Chocolate cake with Cream

Rice Pudding & Fruit Coulis

Mango & Coconut Mousse

Toast
Cereals