

# *lunch* MENU

## *Monday*

### **Meat Free Banquet**

Bean & Sweet Potato  
Curry  
Vegetable Samosa  
Naan Bread

**And to go with**  
Chana Daal (Bengali  
lentils)  
Mango Chutney

**Dessert**  
Honey Drizzled Cake  
& Yoghurt

## *Wednesday*

**Main Event**  
Classic Beef  
Lasagne with  
Garlic Bread

**Meat Free**  
Asparagus and  
Pea Pasta with  
Rocket

**And to go with**  
Crispy Kale  
Cauliflower

**Dessert**  
Home Made  
Cheesecake  
(using a  
seasonal fruit  
compote)

## *Tuesday*

**Main Event**  
Lemon, Garlic  
& Herb  
Chicken

**Meat Free**  
Garlic & Herb  
Falafel topped  
with Fennel  
Slaw

**And to go with**  
Roast Potato  
Carrots  
Kos Lettuce.  
Vine Cherry  
Tomato.  
Cucumber.  
Salad

**Dessert**  
**Cheese & Biscuits**  
  
Jelly Berry  
(seasonal berries)

## **THURSDAY**

**Main Event**  
Thai Honey Pork Stir  
fry

**Meat Free**  
Leek Quiche

**And to go with**  
Stir-Fry Vegetables  
Brown Rice  
Home Made Coleslaw

**Dessert**  
**Apple Crumble with  
Custard**  
  
Chilled Seasonal  
Melon and Pineapple

## **Available Daily**

Fresh Bread  
Soup of the Day  
Jacket Potato  
Salad Bar  
Fresh Fruit

## *Friday*

### **Main Event**

Oven Baked Battered Fish

### **Meat Free**

Healthy Vegetable Wrap with Nut  
Free Pesto

### **And to go with**

Oven Chips  
Baked Beans  
Sweetcorn

### **Dessert**

Freshly Baked Cookie

*our awards!*



# Lunch MENU

## Monday

### Meat Free Monday

Wholemeal Pasta  
With  
Arrabiatta Sauce  
Garlic Butter Sauce  
Cheddar and Spring Onion

**And To Go With**  
Peas &  
Sweetcorn

**Dessert**  
Watermelon and Cantaloupe

## Tuesday

**Main Event**  
Wholemeal  
Pepperoni  
Pizza

**Meat Free**  
Wholemeal  
Cheese &  
Vine Cherry  
Tomato Pizza

**And to go  
with**  
Low Salt/Sugar  
Baked Beans  
and Salad

**Desserts**  
Steamed Jam  
& Raisin  
Pudding with  
Custard

## THURSDAY

### Main Event

Piri Piri  
Chicken

### Meat Free

Parmesan  
Quorn Meat  
free  
Meatballs

**And to go with**  
Brown Rice,  
Tender stem  
Broccoli,  
Sweetcorn.

**Dessert**  
Home Made  
Cranberry  
Flapjack

## AVAILABLE DAILY

Freshly Baked Bread  
Soup of the Day  
Jacket Potato  
Salad Bar  
Fresh Fruit

## Friday

**Main Event**  
Oven Baked Salmon Fish Cakes

**Meat Free**  
Jackfruit & Lentil Quesadilla

**And to go with**  
Baked Chips  
Minted Peas  
Baked Beans  
Tomato Ketchup

**Dessert**  
Chocolate chip Cookies

## Wednesday

**Main Event**  
Roast Beef &  
Yorkshire  
Pudding

**Meat Free**  
Sweet Potato &  
Bean Pattie

**And to go with**  
Rosemary Roast  
Potatoes.  
Roast Carrots  
Cauliflower  
Gravy

**Desserts**  
Low Sugar  
Toffee Yoghurt

our awards!



# Lunch MENU

## Monday

**Meat Free**

### Macaroni Monday

American Style Mac and Cheese  
with a Panko Crust

**And To Go With**  
Corn on the Cob  
Garlic Bread  
Salads

**Dessert**  
Home Made Ginger Cake

## Wednesday

**Main Event**  
Roast Turkey  
Escalope

**Meat Free**  
Beetroot,  
Squash, Lentil  
Roasted Pepper  
Hash

**And to go with**  
New Potatoes,  
Tender Stem  
Broccoli,  
Chunky Carrots,  
Gravy

**Dessert**  
Chocolate  
Sponge  
With  
Chocolate  
Sauce

## Tuesday

**Main Event**  
Toulouse Pork  
Sausages

**Meat Free**  
Glamorgan  
Sausage

**And to go  
with**  
Mashed  
Potato,  
Cabbage  
Low  
Sugar/Salt  
Baked Beans

**Desserts**  
Chilled Duo  
Of Melon  
with  
Mandarins

## THURSDAY

**Main Event**  
Chicken &  
Beans Fajita  
Tacos

**Meat Free**  
Haloumi &  
Beans Fajita  
Tacos

**And to go with**  
Red, Yellow  
and Green  
Peppers,  
Courgettes  
Brown Rice

**Desserts**  
Mixed Fruit  
Yoghurts

## AVAILABLE DAILY

Freshly Baked Bread  
Soup of the Day  
Jacket Potato  
Salad Bar  
Fresh Fruit

## Friday

**Main Event**  
Oven Baked Battered Fish Finger Wrap

**Meat Free**  
Thai Red Curry Skewers  
With Chestnut Mushrooms

**And To Go With**  
Baked Oven Chip,  
Garden Peas, Baked Beans  
Tomato Ketchup/Home Made Tartar  
Sauce

**Dessert**  
Chocolate Cookies

our awards!

