

Lunch Menu



WEEK 1	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Bread</u>	Garlic Bread	Wholemeal Bread	White Bloomer	Naan Bread	French Bread
<u>Soup</u>	Cauliflower Soup	Butternut Squash Soup	Beetroot & Apple Soup	Lentil & Carrot Soup	Mint & Pea Soup
<u>Main Event</u>	Pasta with Tomato, Roast Vegetables & Mozzarella	Beef Cottage Pie	Cumberland Sausage	Chickpea & Kale Curry	Cod Fish Fingers
<u>Meat Free Zone</u>	Spanish Omelette	Vegetable Cottage Pie	Quorn Sausage	Vegetable Samosa	Vegetable Fried Noodles
<u>And to go with..</u>	Sweetcorn & New Potato	Roast Potato & Carrots Wheels	Mashed Potato & Baked Beans	Rice & Green Beans	Chunky Oven Chips & Peas
<u>Pudding</u>	Flavoured Popcorn	Fresh Fruits	Victorian Sponge	Plain Yogurt	Rice Pudding

EVERYDAY:

Selection of Fresh Salads,

Flavoured Yoghurt,

Variety of Dried Fruits,

Fresh Fruit Platter



Lunch Menu



WEEK 2	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Bread</u>	Parsley & Garlic Focaccia	White Bloomer	Seedy Bread	Wholemeal Bread	French Bread
<u>Soup</u>	Broccoli & Cheese	Tomato & Basil	Curried Parsnip & Pear	Chickpeas & Coriander	Parsnip & Coconut
<u>Main Event</u>	Macaroni Cheese	Meatballs in Tomato Sauce	Moroccan Lamb Stew	Butternut Squash & Sweet Pepper Moussaka	Cod Goujons
<u>Meat Free Zone</u>	Roast Butternut Risotto	Veggie Balls in Tomato Sauce	Cheese Creamy Gnocchi	Potato Rosemary & Onion Pie	Sweet & Sour Tofu
<u>And to go with..</u>	Broccoli & Mint Potato	Steamed Carrots & Spaghetti	Rice & Cumin Cauliflower	Roast Potato & Courgette w/ Halloumi	Chips & Peas
<u>Pudding</u>	Vanilla Ice Cream	Fresh Fruit	Apple Crumble & Custard	Plain Yogurt	Jelly Pots

EVERYDAY:

Selection of Fresh Salads,

Flavoured Yoghurt,

Variety of Dried Fruits,

Fresh Fruit Platter



Lunch Menu



WEEK 3	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Bread</u>	Garlic Bread	Coconut Bread	Soda Bread	Rosemary Loaf	French Bread
<u>Soup</u>	Vegetable Broth	Tom Yum Soup	Leek & Potato	Celeriac & Pear	Spinach & Lentil
<u>Main Event</u>	Margherita Pizza	Thai Chicken Stir Fry with Basil & Mint	Boiled Gammon	Vegetable Lasagne	Battered Cod
<u>Meat Free Zone</u>	Mixed Pepper & Olive Pizza	Thai Tofu Green Curry	Vegetable Stew	Caponata Pasta	Vegetable Cottage Pie
<u>And to go with..</u>	Sweet Potato Fries & Sweetcorn	Rice & Beansprouts	Roast Potatoes & Boiled Cabbage	Potato Wedges & Broccoli	Chunky Chips & Peas
<u>Pudding</u>	Apple Upside Down Cake	Fresh Fruits	Bread & Butter Pudding	Plain Yogurt	Syrup Sponge with Custard

EVERYDAY:

Selection of Fresh Salads,

Flavoured Yoghurt,

Variety of Dried Fruits,

Fresh Fruit Platter

