

# Lunch menu week one



## Available everyday

### Seasonal soup

with croutons, fresh herbs, toppings, and freshly baked bread

### Everyday salads

big bowl salad, tomato, cucumber, peppers, grated carrot, boiled eggs, mixed leaves, sweetcorn

### Fruit bar

selection of bananas, apples, satsumas, melon and mixed grapes

### Yoghurt bar

selection of natural yoghurt, seeds and dried fruits

### Jacket potato bar

hot jacket potatoes with a choice of fillings

**Please see daily menu boards  
for ALL allergens**

## Monday

### Main meal

Vegetable Noodles in Sweet & Sour Sauce

### Vegetarian Meal

Cheese Tomato & Olive Pasta Bake

### Sides

Vegetable Spring Rolls

Prawn Crackers

Mixed Green Vegetables

Sweetcorn

### Dessert

Apple & Blackberry Crumble  
Custard

## Tuesday

### Main meal

Cape Malay Chicken Curry

### Vegetarian Meal

Spinach Sweet Potato & Paneer Dhal Curry

### Sides

Braised Turmeric Rice

Naan Bread Vegetable Samosa

Onion Bhaji Poppadums

Mango Chutney & Raitha

Spiced Coconut Peas

### Dessert

Yoghurt & Fruit Compote Bar

## Wednesday

### Main meal

Roast Beef Yorkshire Pudding

Sage & Onion Stuffing

### Vegetarian Meal

Cauliflower & Broccoli Mornay

Crispy Onions

### Sides

Rosemary Roasted Potatoes

Steamed Savoy Cabbage

Glazed Carrots

### Dessert

Fruit Flapjack

## Thursday

### Main meal

Cumberland Pork Sausages

Caramelised Onion Gravy

### Vegetarian Meal

Lentil & Spinach Scotch Egg

### Sides

Creamy Chive Mashed Potato

Glazed Steamed Carrots

Steamed Savoy Cabbage

### Dessert

Fruity Rainbow Jelly

## Friday

### Main meal

Battered Haddock

& Chips

(Cod Fish Finger)

### Vegetarian Meal

Baked Falafel & Roasted Vegetable Pitta

Minty Yoghurt Cumin Seed Dressing

### Sides

Lemon Minted Peas Baked Beans

Chips, Gherkins, Lemons, Tartar

### Dessert

Sticky Toffee Pudding



\*All menus are subject to change due to availability and supply

# Lunch menu

week two



## Available everyday

### Seasonal soup

with croutons, fresh herbs, toppings, and freshly baked bread

### Everyday salads

big bowl salad, tomato, cucumber, peppers, grated carrot, boiled eggs, mixed leaves, sweetcorn

### Fruit bar

selection of bananas, apples, satsumas, melon and mixed grapes

### Yoghurt bar

selection of natural yoghurt, seeds and dried fruits

### Jacket potato bar

hot jacket potatoes with a choice of fillings

**Please see daily menu boards  
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## Monday

### Main meal

Vegetable & Chick Pea Curry

### Vegetarian Meal

Tandoori Paneer Dhal

### Sides

Pilau Rice Naan Bread

Vegetable Samosa & Onion Bhaji

Potato Pea & Cauliflower Bhaji

Sweetcorn Mango Chutney

Poppadoms & Raitha

### Dessert

Banoffee Cheesecake

## Tuesday

### Main meal

Beef Lasagna

### Vegetarian Meal

Spinach Butternut Squash & Ricotta

Cannelloni

### Sides

Garlic Bread

Garlic Green Beans

Roasted Mediterranean Vegetables

### Dessert

Apple & Cinnamon Crumble  
Custard

## Wednesday

### Main meal

Roast Herby Turkey Sage & Stuffing  
Yorkshire Pudding

Cranberry Sauce Gravy

### Vegetarian Meal

Vegetable Sausage Wellington

### Sides

Roast Potatoes

Steamed Broccoli Florets

Sweet & Sour Red Cabbage

### Dessert

Peach & Rhubarb Sponge Cake

## Thursday

### Main meal

Chicken & Chorizo Jambalaya

### Vegetarian Meal

Chickpea Sun Dried Tomato & Aubergine Burger

### Sides

Seasoned Potato Wedges

Charred Corn on the Cob

Mixed Vegetables

### Dessert

Yoghurt Fruit & Jelly Bar

## Friday

### Main meal

Battered Haddock  
& Chips

(Cod Fishfinger Prep)

### Vegetarian Meal

Roasted Vegetable Quiche

### Sides

Lemon Minted Peas

Mushy Peas

Chips, Gherkins,, Lemons, Tartar sauce

### Dessert

Waffles & Icecream



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# Lunch menu week three



## Available everyday

### Seasonal soup

with croutons, fresh herbs, toppings, and freshly baked bread

### Everyday salads

big bowl salad, tomato, cucumber, peppers, grated carrot, boiled eggs, mixed leaves, sweetcorn

### Fruit bar

selection of bananas, apples, satsumas, melon and mixed grapes

### Yoghurt bar

selection of natural yoghurt, seeds and dried fruits

### Jacket potato bar

hot jacket potatoes with a choice of fillings

**Please see daily menu boards  
for ALL allergens**

## Monday

### Main meal

Herb Crusted Salmon  
Dill & Pickle Creme Fraiche

### Vegetarian Meal

Vegetable Bean Cheese Burgers

### Sides

Herb Diced Potatoes  
Broccoli Florets  
Roasted Butternut Squash Peppers and Red Onion

### Dessert

Pear Apple & Ginger Crumble  
Vanilla Custard

## Tuesday

### Main meal

Chilli Con Carne

### Vegetarian Meal

Quorn Mince & Bean Chilli

### Sides

Braised Rice  
Cheese & Salsa Nachos  
Mexican Sweetcorn  
Jalapenos Sour Cream & Guacamole

### Dessert

Jelly & Yoghurt Bar

## Wednesday

### Main meal

Honey Roast Gammon Sage & Stuffing  
Yorkshire Pudding & Gravy

### Vegetarian Meal

Roasted Vegetable & Cheddar Cheese  
Quesadillas

### Sides

Thyme Roasted Potatoes  
Steamed Savoy Cabbage  
Roasted Root Vegetables

### Dessert

Eton Mess Berry Cheesecake

## Thursday

### Main meal

Smokey BBQ Chicken

### Vegetarian Meal

Roasted Sweet Potato with Cheesy Cajun  
Vegetables

### Side

Potato Wedges  
Garlic Green Beans  
BBQ Baked Beans

### Dessert

Millionaire Shortbread

## Friday

### Main meal

Battered Haddock  
& Chips

(Cod Fish Fingers)

### Vegetarian Meal

Veggie Sausage Pepper & Bean Casserole

### Sides

Lemon Minted Peas,  
Chips, Gherkins, Lemons, Tartar

### Dessert

Pancakes with Berry Compote & Maple Syrup



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