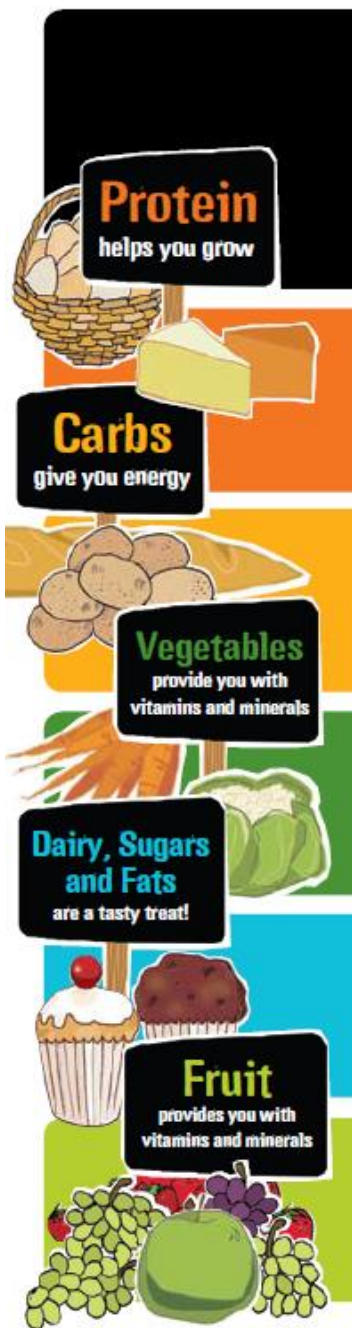


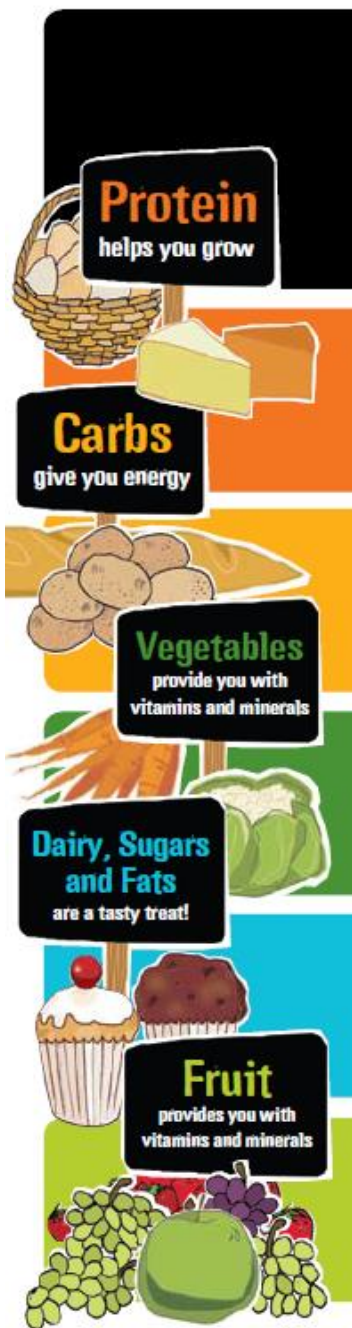
Lunch menu – week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup served with home style bread	Chicken	Vegetable	French Onion Cheese Croutons	Broccoli, Pea and Leek	Tomato
Main meal	Pasta bolognaise with Cheese Sauce Crusty Bread	Cajun Chicken	Beef and Vegetable Stew with Yorkshire Pudding	Pork Curry with Steamed White Rice	Cod in a Crispy Batter Fish Pie
Vegetarian option	Spicy Leek and White Bean Stew	Omelette with Vegetarian Filling	Savoury Vegetable Crumble	Macaroni Cheese Bake	Panini
Accompaniments	New Potatoes Pasta with Olive Oil Baked beans/Baton Carrots Baked potato	Potato Wedges Penne Pasta Peas and Sweetcorn/ Baked beans Baked potato	Mashed Potatoes Pasta with Olive Oil Steamed Cabbage/Baked beans Baked potato	Savoury Potatoes Pasta with Olive Oil Green Beans and Carrots/ Baked beans Baked potato	Chipped Potatoes Pasta with Olive Oil Peas/ Baked beans Baked potato
Dessert	Chocolate Chip Cookie	Apple, Rhubarb Oatie Crumble with Custard	Jelly Custard Pot	Steamed Jam Sponge with Custard	Ice Cream
Cold dessert	Fresh fruit platter Assorted Yoghurts	Fresh fruit platter Assorted Yoghurts	Fresh fruit platter Assorted Yoghurts	Fresh fruit platter Assorted Yoghurts	Fresh fruit platter Assorted Yoghurts
Daily deli	Salad bar Selection of Sandwiches	Salad bar Selection of Sandwiches	Salad bar Selection of Sandwiches	Salad bar Selection of Sandwiches	Salad bar Selection of Sandwiches



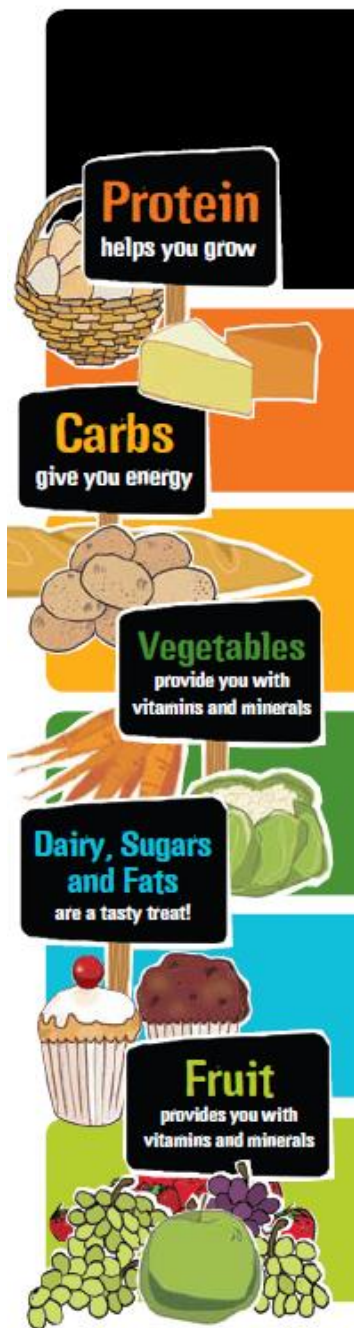
Lunch menu – week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup served with home style bread	Carrot and Lentil	Spiced Cauliflower	Pea and Ham	Vegetable	White Onion
Main meal	Sausage Casserole in Tomato Gravy	Ham and Cheese Pizza Bread	Turkey and Ham Veloute with Puff Pastry Crust	Chilli Beef with Warm Tortilla and Crème Fraiche and White Rice	Battered Cod
Vegetarian option	Spicy Rice and Bean Enchilada	Vegetable Hotpot	Tomato and Onion Savoury Tart	Vegetable Korma	Vegetable Lasagne
Accompaniments	Olive Oil Mash Pasta with Olive Oil Steamed Carrots / Baked Beans Baked potato	Lyonnaise Potatoes Pasta with Olive Oil Green Beans and Sweetcorn/Baked beans Baked potato	Parsley Potatoes Pasta with Olive Oil Broccoli Florets/Baked beans Baked potato	New Potatoes Plain Pasta Medley of Vegetables/Baked beans Baked potato	Chipped potatoes Pasta with Olive Oil Peas/Baked beans Baked potato
Dessert	Iced Flapjack	Chocolate Caramel Cake with Custard	Strawberry Mousse	Birdseed Pudding with Custard	Ice Cream/Mini Jam Doughnut
Cold dessert	Fresh fruit platter Assorted Yoghurts	Fresh fruit platter Assorted Yoghurt	Fresh fruit platter Assorted Yoghurt	Fresh fruit platter Assorted Yoghurts	Fresh fruit platter Assorted Yoghurts
Daily deli	Salad bar Selection of Sandwiches	Salad bar Selection of Sandwiches	Salad bar Selection of Sandwiches	Salad bar Selection of Sandwiches	Salad bar Selection of Sandwiches



Lunch menu – week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup Served with Home-style Bread	Potato and Watercress	Vegetable	Mushroom	Tomato and Basil	Italian Bean
Main meal 1	Traditional Beef Lasagne with Garlic Bread	Chicken Curry with Fluffy Rice	Braised Beef Burger in an Onion Gravy	Chilli Chicken Enchillada	Battered Cod Southern Fried Chicken Burger in a Bun
Main Meal 2	Baked Butternut, Ricotta and Spinach	3 Bean Vegetarian chilli	Cauliflower, Broccoli, Tomato and Cheese Bake	Creamy Mushroom and Wholegrain Mustard Croute	Battered Falafel Burger
Accompaniments	Parsley Potatoes Plain Pasta Sweetcorn and Green Beans/Baked Beans Baked potato	Crushed New Potatoes Pasta with Olive Oil Cauliflower Provencale/Baked beans Baked potato	Chive Mash Pasta with Olive Oil Roast Carrot and Onion/Baked beans Baked potato	Croquettes Pasta with Olive Oil Green Beans/Baked beans Baked potato	Chipped Potatoes Pasta with Olive Oil Peas/Baked beans Baked potato
Dessert	Blueberry Muffin	Fresh Fruit Salad	Pear and Chocolate Sponge with Caramel Custard	Lemon Meringue Pot	Ice Cream
Cold dessert	Fresh fruit platter Assorted Yoghurts	Fresh fruit platter Assorted Yoghurts	Fresh fruit platter Assorted Yoghurts	Fresh fruit platter Assorted Yoghurts	Fresh fruit platter Assorted Yoghurts
Daily deli	Salad bar Selection of Sandwiches	Salad bar Selection of Sandwiches	Salad bar Selection of Sandwiches	Salad bar Selection of Sandwiches	Salad bar Selection of Sandwiches



Lunch menu – week 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup served with home style bread	Lentil	Cauliflower and Pea	Tomato and Vegetable	Leek and Potato	Chicken Noodle
Main meal	Chicken and Peppers in Black Bean Sauce with Noodles	Pepperoni Pasta in a Rich Tomato and Herb Sauce	Savoury Minced Beef Hotpot	Lamb Jalfrezi with White Rice	Battered/Breaded Fish Fish Pie
Vegetarian option	Cheesy Beano	Vegetable Goulash with Oat and Herb Dumpling	Aubergine and Roast Tomato Herb Bake (Contains Cheese)	Sweet Potato and Bean Burrito	Stuffed Peppers
Accompaniments	Roast Potato Plain Pasta Carrots and Sugar Snap Peas/Baked Beans Baked potato	Parsley and Lemon Potatoes Pasta with Olive Oil Mixed Vegetables/Baked beans Baked potato	Bubble and Squeak Pasta with Olive Oil Steamed Broccoli Florets/Baked beans Baked potato	Stoved Potatoes Pasta with Olive Oil Green Beans and Fried Onions/Baked beans Baked potato	Chipped Potatoes Pasta with Olive Oil Garden Peas/Baked beans Baked potato
Dessert	Banoffee Pie	Apple Brown Betty with Custard	Belgian Waffle with Maple Syrup	Coconut Cake with Custard	Ice Cream
Cold dessert	Fresh fruit platter Assorted Yoghurts	Fresh fruit platter Assorted Yoghurts	Fresh fruit platter Assorted Yoghurts	Fresh fruit platter Assorted Yoghurts	Fresh fruit platter Assorted Yoghurts
Daily deli	Salad bar Selection of Sandwiches	Salad bar Selection of Sandwiches	Salad bar Selection of Sandwiches	Salad bar Selection of Sandwiches	Salad bar Selection of Sandwiches

Protein
helps you grow

Carbs
give you energy

Vegetables
provide you with
vitamins and minerals

**Dairy, Sugars
and Fats**
are a tasty treat!

Fruit
provides you with
vitamins and minerals

