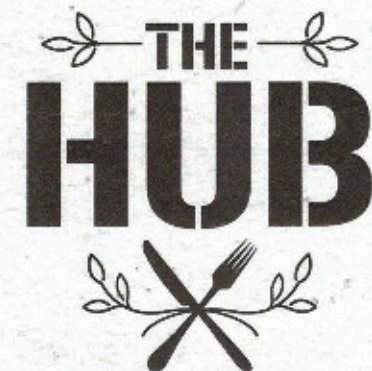


Lunch Menu *Week One*



MONDAY

Italian Meatballs, Tomato & Basil Sauce & Whole Wheat Pasta / Smokey BBQ Bean Enchiladas (v)

VEGETABLES: Jacket Wedges, Green Beans, Carrots and Peas, Baked Beans, Mixed Garden Salad

TUESDAY

Chicken Rogan Josh and Wholegrain Rice / Butternut Squash and Chickpea Tikka Masala & Wholegrain Rice (v)

VEGETABLES: Herby Diced Potatoes, Broccoli, Carrots, Baked Beans, Mixed Garden Salad

WEDNESDAY

Roast of The Day with Traditional Accompaniments / Oven Baked Vegetable Wellington (v)

VEGETABLES: Roast Potatoes, Seasonal Greens, Mixed Vegetables, Baked Beans, Mixed Garden Salad

THURSDAY

Cottage Pie topped with Sweet Potato & Rosemary Mash / Shepherd-less Veggie Pie (v)

VEGETABLES: New Potatoes, Sweetcorn, Peas, Baked Beans, Mixed Garden Salad

FRIDAY

Crispy Fried Fish or Salmon Fishcake, Lemon and Tartar sauce (v)

VEGETABLES: Chipped Potatoes, Mushy Peas, Baked Beans, Mixed Garden Salad

AVAILABLE DAILY

Filled Jacket Potatoes, Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps, Fresh Salads, Hot Sweet of the Day or Fresh Fruit Salad, Hot & Cold Drinks

Lunch Menu *Week Two*



MONDAY

British Bangers, Leek Mash and Gravy / Veggie Sausages, Leek Mash and Gravy (v)

VEGETABLES: Broccoli, Carrots, Baked Beans, Mixed Garden Salad

TUESDAY

Chicken Shawarma Flatbreads & Harissa Mayo / Baked Falafel, Flatbread & Tomato Salsa (v)

VEGETABLES: Herby Diced Potatoes, Sweetcorn, Garden Peas, Baked Beans, Mixed Garden Salad

WEDNESDAY

Roast of The Day with Traditional Accompaniments / Oven Baked Quorn Roast (v)

VEGETABLES: Roast Potatoes, Mixed Vegetables, Cauliflower, Baked Beans, Mixed Garden Salad

THURSDAY

Chicken and Vegetable Paella / Caramelised Red Onion and Cheddar Quiche (v)

VEGETABLES: New Potatoes, Carrots, Green Beans, Baked Beans, Mixed Garden Salad

FRIDAY

Crispy Fried Fish with Lemon and Tartar sauce

VEGETABLES: Chipped Potatoes, Mushy Peas, Baked Beans, Mixed Garden Salad

AVAILABLE DAILY

Filled Jacket Potatoes, Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps, Fresh Salads, Hot Sweet of the Day or Fresh Fruit Salad, Hot & Cold Drinks

Lunch Menu *Week Three*



MONDAY

Crispy Chicken Katsu Curry & Wholegrain Rice / Mediterranean Vegetable Lasagne (v)

VEGETABLES: Jacket Wedges, Garden Peas, Sweetcorn, Baked Beans, Mixed Garden Salad

TUESDAY

Classic Lasagne Al Forno / Butternut Squash, Butterbean & Spinach Risotto (v)

VEGETABLES: New Potatoes, Roast Vegetables, Green Beans, Baked Beans, Mixed Garden Salad

WEDNESDAY

Roast of The Day with Traditional Accompaniments / Spiced Lentil Roast (v)

VEGETABLES: Roast Potatoes, Seasonal Greens, Carrots and Peas, Baked Beans, Mixed Garden Salad

THURSDAY

Sizzling Chicken Fajitas with Salsa / Moroccan Chickpea and Lemon Tangine (v)

VEGETABLES: Spicy Diced Potatoes, Broccoli, Fresh Carrots, Baked Beans, Mixed Garden Salad

FRIDAY

Crispy Fried Fish with Lemon and Tartar sauce

VEGETABLES: Chipped Potatoes, Mushy Peas, Baked Beans, Mixed Garden Salad

AVAILABLE DAILY

Filled Jacket Potatoes, Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps, Fresh Salads, Hot Sweet of the Day or Fresh Fruit Salad, Hot & Cold Drinks