



LUNCH

Week
Commencing

24 April

22 May

26 June



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Butternut & thyme and homemade bread	Minted pea	Roasted pepper & harissa and homemade bread	Sweetcorn & paprika sour cream and homemade bread	Chunky vegetable and homemade bread
MAIN COURSE ONE	Three cheese gnocchi	Mince lamb kebab	Hunters chicken	Beef lasagne	Fish cake
MAIN COURSE TWO		Falafel with grilled pitta and tzatziki	Quorn hunter	Vegetable and lentil lasagne	BBQ pulled jack fruit roll
ON THE SIDE	Chefs salad and summer greens	Rice and barley, mixed roasted vegetables, and cucumber salad	Creamy mashed potato leek, green cabbage and petit pois	Parmenter potato, garlic bread, green beans	Herby new potatoes, minted peas and baked beans
SALAD BAR	Choice of salad, dressings, seeds and sauces	Choice of salad, dressings, seeds and sauces	Choice of salad, dressings, seeds and sauces	Choice of salad, dressings, seeds and sauces	Choice of salad, dressings, seeds and sauces
DESSERT	Apple crumble and custard	Yoghurt bar or a dessert pot	Rice pudding and jam sauce	Yoghurt bar or a dessert pot	Victoria sponge
COLD DESSERT	Yoghurt bar or a dessert pot		Yoghurt bar or a dessert pot		Yoghurt bar or a dessert pot
FRUIT	Selection of whole fruit	Fruit Platter or a selection of whole fruit	Selection of whole fruit	Fruit Platter or a selection of whole fruit	Selection of whole fruit





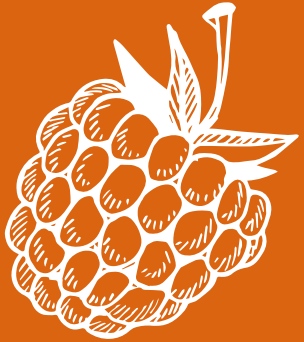
LUNCH

Week
Commencing

1 May

5 June

3 July



WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Sweetcorn chowder and homemade bread	Sweet potato & lentil and homemade bread	Carrot & ginger and homemade bread	Creamy mushroom and homemade bread	Broccoli and homemade bread
MAIN COURSE ONE	Mixed beans and roasted vegetables, chilli with tomato salsa and sour cream & chive	Cumberland or vegan sausage served with gravy	Chicken tikka masala with yoghurt & tomato	Pork with green peppers & black bean sauce	Catch of the day
MAIN COURSE TWO			Tofu & vegetable Hoisin stir fry	Spinach, sun blush tomato frittata	Salt and pepper tofu
ON THE SIDE	Cajun rice, sweetcorn, green peppers	Mashed potato and savoy cabbage with roasted tomato	Rice, broccoli, herbed roast carrots	Noodles, sautéed leeks, chilli & garlic roast root vegetables	Chips, spicy peas, lemon and tarter Sauce
SALAD BAR	Celebrating vegetarian week by having a meat-free salad bar				
DESSERT	Rice crispy cakes	Yoghurt bar or a dessert pot	Jam and coconut sponge with custard	Yoghurt bar or a dessert pot	Lemon drizzle
COLD DESSERT	Yoghurt bar or a dessert pot		Yoghurt bar or a dessert pot		Yoghurt bar or a dessert pot
FRUIT	Selection of whole fruit	Fruit Platter or a selection of whole fruit	Selection of whole fruit	Fruit Platter or a selection of whole fruit	A selection of whole fruit





LUNCH

Week
Commencing

8 May

12 June



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Leek & potato and homemade bread	Tomato & basil and homemade bread	Broccoli & spinach and homemade bread	Mushroom & rosemary and homemade bread	Pea & mint and homemade bread
MAIN COURSE ONE	Soy bolognaise pasta bake	Chicken thigh marinated in garlic and ginger	International Sandwich day	Turkey dhansak	Fish finger with tartare sauce and lemon
MAIN COURSE TWO		Roasted marinated tofu, vegetable stir fry noodles, soy ginger and chilli		Butternut squash, red onion and chickpea curry	Aubergine, lentil and tomato moussaka
ON THE SIDE	Garlic bread, herbed courgette, toasted corn	Egg fried rice and pak choi	Vegetable crisps, crudities, cherry tomatoes, houmous, baba ghanoush and gala pie	Steamed rice, tarka dhal and sweetcorn	Chucky chips, garden peas and baked beans
SALAD BAR	Choice of salad, dressings, seeds and sauces	Choice of salad, dressings, seeds and sauces	Choice of salad, dressings, seeds and sauces	Choice of salad, dressings, seeds and sauces	Choice of salad, dressings, seeds and sauces
DESSERT	Apple crumble and custard	Yoghurt bar or a dessert pot	Rice pudding and jam sauce	Cardamom Lassi or a dessert pot	Victoria sponge
COLD DESSERT	Yoghurt bar or a dessert pot		Yoghurt bar or a dessert pot		Yoghurt bar or a dessert pot
FRUIT	Selection of whole fruit	Fruit Platter or a selection of whole fruit	Selection of whole fruit	Fruit Platter or a selection of whole fruit	Fruit Platter or a selection of whole fruit



LUNCH

Week
Commencing

15 May

19 June

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Spiced butternut squash and homemade bread	Tomato & basil and homemade bread	Carrot & orange and homemade bread	Curried parsnip and homemade bread	Vegetable & barley broth and homemade bread
MAIN COURSE ONE	<u>Pasta Bar</u> Green pesto with olives, tomato and basil, roasted vegetables	Roast turkey, sage and onion stuffing with gravy	Greek marinated chicken	Beef or lentil & vegetable chilli con carne	Battered fish with tartare sauce and lemon
MAIN COURSE TWO	Roast pepper, spinach, red onion and butternut squash gnocchi	Roasted Quorn with sage and onion stuffing with gravy	Grilled halloumi and roasted vegetable bruschetta	Mushroom, spinach and leek lasagna	Falafel wrap with grated carrot & mango chutney
ON THE SIDE	Garlic bread, herb-marinated roasted carrots and chilli & red onion broccoli	Roast potatoes, carrots and roast parsnips	Patatas bravas, garlic and chilli green beans	Rice, herbed carrots, sweetcorn	Fries, peas and baked beans
SALAD BAR	Choice of salad, dressings, seeds and sauces	Choice of salad, dressings, seeds and sauces	Choice of salad, dressings, seeds and sauces	Choice of salad, dressings, seeds and sauces	Choice of salad, dressings, seeds and sauces
DESSERT	Apple pie and custard	Yoghurt bar or a dessert pot	Pineapple upside down cake with cream	Yoghurt bar or a dessert pot	Carrot cake
Cold DESSERT	Yoghurt bar or a dessert pot		Yoghurt bar or a dessert pot		Yoghurt bar or a dessert pot
FRUIT	Selection of whole fruit	Fruit Platter or a selection of whole fruit	Selection of whole fruit	Fruit Platter or a selection of whole fruit	Selection of whole fruit

