



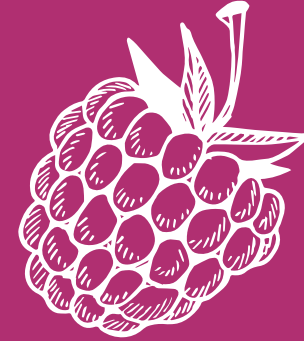
LUNCH

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 potatoes, garlic bread, green beans	Herby new potatoes, minted peas and baked beans
SALAD BAR	A choice of salad, dressings, seeds and sauces	A choice of salad, dressings, seeds and sauces	A choice of salad, dressings, seeds and sauces	A choice of salad, dressings, seeds and sauces	A 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	A selection of whole fruit	Fruit Platter or A selection of whole fruit	A selection of whole fruit	Fruit Platter or a selection of whole fruit	A selection of whole fruit





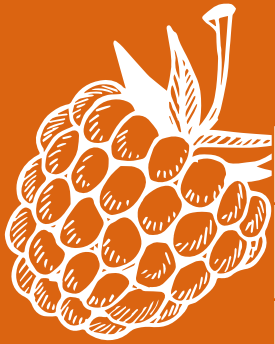
LUNCH

Week
Commencing

1 May

5 June

3 July



WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Sweetcorn chowder with homemade bread	Sweet potato and lentil with homemade bread	Carrot and ginger with homemade bread	Creamy mushroom with homemade bread	
MAIN COURSE ONE	Mixed beans and roasted vegetable chilli with nachos and tomato salsa	Cumberland or vegan sausage served with gravy served	Chicken tikka masala with yoghurt and tomato	Pork with green peppers and black bean sauce	
MAIN COURSE TWO			Tofu and vegetable Hoisin stir fry	Spinach, sun blush tomato and vegan feta frittata	
ON THE SIDE	Mexican rice, sweetcorn and red peppers	Chive mashed potato, braised red cabbage and green beans	Rice, broccoli, herbed roasted and carrots	Noodles, sautéed leeks, chilli and garlic roasted root vegetables	
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	
DESSERT	Rice crispy cakes	Yoghurt bar or a dessert pot	Jam and coconut sponge with custard	Yoghurt bar or a dessert pot	
COLD DESSERT	Yoghurt bar or a dessert pot		Yoghurt bar or a dessert pot		
FRUIT	Fruit platter or a selection of whole fruit	Fruit platter or a selection of whole fruit	Fruit platter or a selection of whole fruit	Fruit platter or a selection of whole fruit	

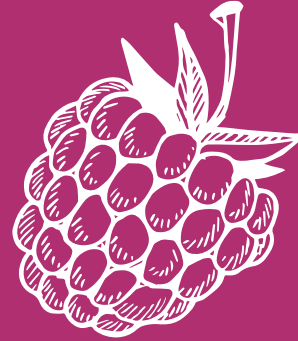


LUNCH

Week
Commencing

8 May

12 June



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Leek & potato with homemade bread	Tomato & basil with homemade bread	Broccoli & spinach with homemade bread	Mushroom & rosemary with homemade bread	Pea & mint with homemade bread
MAIN COURSE ONE	Soy bolognaise pasta bake	Chicken thigh marinated in garlic and ginger	Roast gammon, gravy and apple sauce	Turkey dhansak	Fish finger with tartare sauce and lemon
MAIN COURSE TWO		Roasted marinated tofu vegetable stir fry noodles, soy ginger and chilli	Roasted vegetable Wellington	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	Skin on roasted potatoes sautéed greens, carrots	Steamed rice, Tarka dhal and sweetcorn	Chucky chips, garden peas, baked beans
SALAD BAR	A choice of salad, dressings, seeds and sauces	A choice of salad, dressings, seeds and sauces	A choice of salad, dressings, seeds and sauces	A choice of salad, dressings, seeds and sauces	A 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	Fruit platter or a selection of whole fruit	Fruit platter or a selection of whole fruit	Fruit platter or a 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 with homemade bread	Tomato and basil with homemade bread	Carrot and orange with homemade bread	Curried parsnip with homemade bread	Vegetable and barley broth with homemade bread
MAIN COURSE ONE	Pasta Bar Green pesto with olives, tomato and basil, roasted vegetables	Roast turkey, sage and onion stuffing with gravy	Chicken served with black olives, anchovies capers, in a rich tomato sauce	Beef or lentil and vegetable chilli con carne	Battered fish with tartare sauce and lemon
MAIN COURSE TWO	Roast pepper, spinach, red onion and sun blushed tomato frittata	Quorn roast with sage and onion stuffing with gravy	Grilled halloumi and roasted vegetable bruschetta	Mushroom, spinach and leek lasagna	Falafel wrap with grated carrot and mango chutney
ON THE SIDE	Garlic bread, herbed roasted carrots, chilli and red onion broccoli	Roast potatoes, carrots, roast parsnips	Sweet potato wedges, garlic and chilli green beans	Rice, herbed carrots, sweetcorn	Fries, peas, 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	Fruit Platter or a selection of whole fruit	Fruit Platter or a selection of whole fruit	Fruit Platter or a selection of whole fruit	Fruit Platter or a selection of whole fruit	Fruit Platter or a selection of whole fruit

