

LUNCH

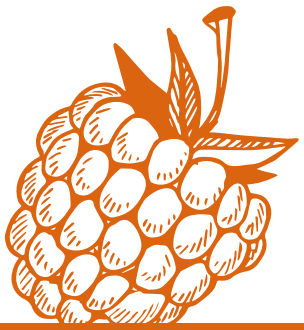


Sample Menu Week 1



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MIDMORNING SNACK	Cucumber & Rice cakes	Carrot & Homemade biscuits	Peppers & Rice Cake	Carrot & Energy Bar	Cucumber & Homemade biscuits
MAIN COURSE ONE	Vegan Pesto Tagliatelle with Cherry Tomato	Traditional Jamaican Jerk Chicken	Honey Roasted Gammon	Irish Lamb Stew	Fish Wrap
MAIN COURSE TWO	Vegetable Lasagne	Crispy Traditional Jamaican Jerk Tofu	Vegan Squash Wellington	Giant Butter Bean Stew	Vegan Breaded Fish Wrap
ON THE SIDE	Cheddar cheese Steamed carrots	Rice & Kidney Beans, Fried Plantain Buttered Sweetcorn	Roasted Root Vegetables, Roasted Potatoes & gravy	Creamy Mash, braised Savoy Cabbage & Garden Peas	Baked Beans Peas Chunky chips
DESSERT	Orange Ricotta Pound Cake With Orange Caramel	Dessert Pot	Chocolate Chip Sponge with Custard	Yoghurt Pot	Waffles with caramel sauce
BREAD	Garlic Bread	Homemade Bread	Homemade Bread	Homemade Bread	Homemade Bread





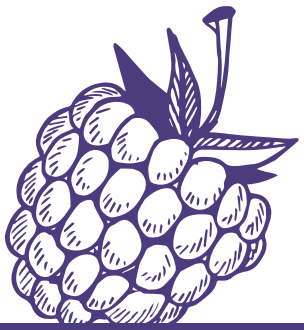
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Sample Menu Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MIDMORNING SNACK	Peppers & Rice Cake	Cucumber & Biscuit	Carrot & Energy Bar	Celery & Biscuit	Cucumber & Rice Cake
MAIN COURSE ONE	Chickpea Shawarma	Peri Peri Chicken	Indian Beef Curry	Pork & Leek Sausage	Fish Fingers
MAIN COURSE TWO	Moroccan Falafel	Spinach & Feta Stuffed Portobello Mushrooms	Vegan Paneer Butter Masala	Vegan Toad in The Hole	Quorn Fishless Fingers
ON THE SIDE	Mixed Vegetable & Tabouleh	Tomato Pasta Sweet Potato Wedges Paprika Cauliflower	Indian Pilaf Rice, Poppadum & Green beans	Garlic Mash Potato, Carrot & Roast Courgette Shallot Gravy	Chips Peas Baked beans
DESSERT	Baklava with Lemon Greek Yogurt	Yoghurt Pot	Mississippi Mud Cake Fruit Coulis	Melon & Grape Pot	Pineapple Upside Down Cake with Montmorency Cherry Caramel
BREAD	Homemade Bread	Homemade Bread	Naan Bread	Homemade Bread	Homemade Bread





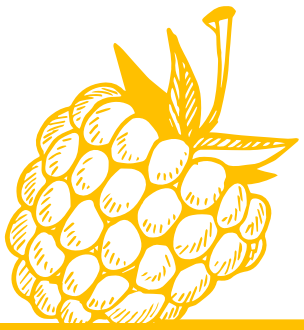
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Sample Menu Week 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MIDMORNING SNACK	Cucumber & Homemade biscuits	Peppers & Homemade biscuits	Celery & Energy Bar	Carrot & Homemade biscuits	Cucumber & Rice cakes
MAIN COURSE ONE	Pasta with a tomato basil sauce	BBQ Pulled Pork	Sweet & Sour Chicken	Chicken & Ham Pie	Fish Fingers
MAIN COURSE TWO	Vegan Cottage Pie	BBQ Lentil Burger	Crispy Oriental Vegan Chicken	Broccoli & Cheese Pie	Vegan Sausage in Batter
ON THE SIDE	Cheddar cheese Carrot, Pea & Kale	Cajun Garlic Wedges, Onion Rings Broccoli	Egg Fried Rice, Green Beans & Prawn Crackers	Braised Cabbage Buttered new potatoes Gravy	Chunky Chips Garden Peas Baked beans
DESSERT	Chocolate & Pear Crumble with Vanilla Custard	Fruit Pot	Fruit Tart with Berry Compote	Yoghurt Pot	Red Velvet Cake
Bread	Homemade bread	Homemade bread	Homemade bread	Cornbread	Homemade bread



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Sample Menu Week 4



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MIDMORNING SNACK	Cucumber & Rice cakes	Peppers & Shortbread	Celery & Energy Bar	Cucumber & Cookies	Carrots & Rice cakes
MAIN COURSE ONE	Pasta with a sweet pepper tomato sauce	Spanish Chicken	Beef & Non Alcoholic Ale Stew	Pork Escalope	Jumbo Fish Finger
MAIN COURSE TWO	Vegetable Ratatouille Tart	Spanish Tortilla	Vegan mince & Butternut Squash Stew	Multi Seeds Vegan Parmesan Sweet Potato Escalope	Fishless Fingers
ON THE SIDE	Cheese Medley of vegetables	Paella Sweetcorn Carrots	Steam suet dumplings Creamy Mashed Potato Seasonal Roasted Root Vegetables	Mediterranean Vegetable Giant Cous Cous Honey Glazed Parsnip & Carrot Grain Mustard Gravy	Chunky Chips Peas Baked beans
DESSERT	Black Bean Chocolate Brownie	Yoghurt Pot	French Opera Cake	Melon & Grape Pot	Berry chocolate sponge with Chocolate custard
BREAD	Homemade bread	Homemade bread	Homemade bread	Homemade bread	Homemade bread