

# LUNCH

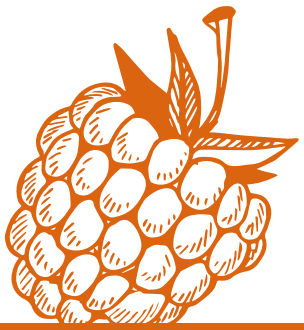


## Sample Menu Week 1



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE ONE	Vegan Cream Tomato Tagliatelle with Cherry Tomato	Traditional BBQ Chargrilled Thigh Chicken	Honey Roasted Gammon	Irish Lamb Stew	Mexican Fish Wrap
MAIN COURSE TWO	Vegetable Lasagne	Crispy Chia Vegan Nuggets	Vegan Parmesan Squash Wellington	Giant Butter Bean Stew	Mexican Vegan Breaded Fish Wrap
ON THE SIDE	Cheesy Garlic Bread, Green Beans	Coconut Rice, Fried Banana Buttered Sweetcorn	Roasted Root Vegetables, Roasted Potatoes & Gravy	Creamy Mash Potato & Edamame Beans	Baked Beans or Garden Peas Chunky Fries
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	Orange Ricotta Pound Cake With Orange Caramel	Yoghurt Bar or a Dessert Pot	Chocolate Chip Bread & Butter Pudding with Custard	Yoghurt Bar or a Dessert Pot	Churros with Dulce de Leche
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



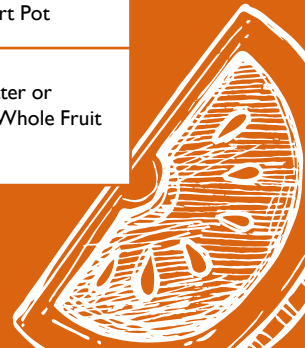


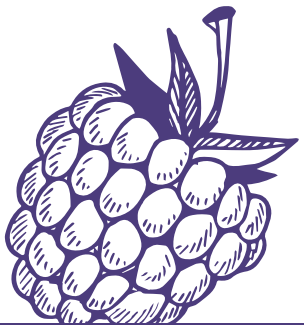
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## Sample Menu Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSE ONE</b>	Chickpea Shawarma Wraps	Lemon Marinated Chicken Thigh	Indian Beef Curry	Pork & Leek Sausage	Coconut Crusted Fish
<b>MAIN COURSE TWO</b>	Moroccan Falafel Wraps	Spinach & Feta Stuffed Filo	Vegan Paneer Butter Masala	Vegan Sausage	Quorn Fishless Fingers
<b>ON THE SIDE</b>	Green Beans, Tomato Sauce & Tabouleh	Sweet Potato Wedges with Carrot & Snow Peas	Indian Pilaf Rice, Naan Bread & Broccoli, Cauliflower	Creamy Mash Potato, Sweetcorn & Roast Courgette Gravy	Chunky Chips, Crushed Garden
<b>SALAD BAR</b>	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
<b>DESSERT</b>	Baklava with Lemon Greek Yogurt	Yoghurt Bar or a Dessert Pot	Mississippi Mud Cake Fruit Coulis	Yoghurt Bar or a Dessert Pot	Pineapple Upside Down Cake with Montmorency Cherry Caramel
<b>COLD DESSERT</b>	Yoghurt bar or a Dessert Pot		Yoghurt Bar or a Dessert Pot		Yoghurt Bar or a Dessert Pot
<b>FRUIT</b>	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





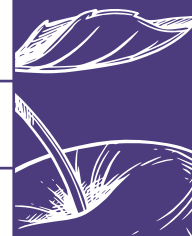
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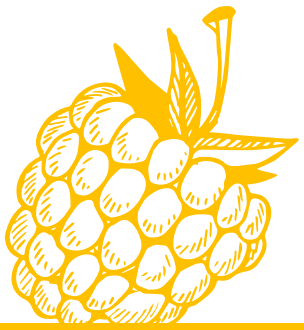


## Sample Menu Week 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE ONE	Vegan Banger, Mashed Potato & Gravy	BBQ Pulled Pork Burger With Pickled Red Cabbage & Apple	Sweet & Sour Chicken	Turkey & Ham Pie	Traditional Lemonade Fish in Batter
MAIN COURSE TWO	Vegan Cottage Pie	BBQ Lentil Burger with Caramelised Onion	Crispy Orange Vegan Chicken	Chard Lemon & Cheese Pie	Lemonade Vegan Sausage in Batter
ON THE SIDE	Mashed Potato, Carrots and Peas	Potato Wedges, Onion Rings Tomato Slices & Baby Gem Lettuce Sweetcorn	Egg Fried Rice, Green Beans & Prawn Crackers	Cornbread, Braised red Cabbage with Cranberry And Gravy	Chunky Chips & Garden Peas
SALAD BAR	Choice of Salad, Dressings, Seeds and Sauces	Choice of Salad, Dressings, Seeds & Sauces	Choice of Salad, Dressings, Seeds & Sauces	Choice of salad, Dressings, Seeds and Sauces	Choice of Salad, Dressings, Seeds and Sauces
DESSERT	Chocolate & Pear Crumble with Vanilla Custard	Yoghurt Bar or a Dessert Pot	Fruit Tart with Berry Compote	Yoghurt Bar or a Dessert Pot	Red Velvet 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





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## Sample Menu Week 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSE ONE</b>	Spinach & Feta Stuffed Crepe	Chicken & Chorizo Paella	Beef & Non Alcoholic Ale Stew with Herb Cheddar Dumpling	Pork Escalope	Posh Finger In Ciabatta
<b>MAIN COURSE TWO</b>	Vegetable Ratatouille Tart	Paella de Verduras (Mix Vegetables)	Vegan Mince Butternut Squash Stew & Herb Vegan Cheddar Dumpling	Vegan Parmesan Sweet Potato & Eggplant Escalope	Posh fishless Finger with Ciabatta
<b>ON THE SIDE</b>	Cauliflower & Romanesco Gratin, French Herb Roast Potatoes	Green Beans & Sweetcorn	Creamy Mash Potato , Seasonal Roasted Root Vegetables	Mediterranean Vegetable, Giant Cous Cous; Honey Glazed Parsnip & Carrot Grain Mustard Sauce	Chunky Chips, Pea & Mint
<b>SALAD BAR</b>	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
<b>DESSERT</b>	French Opera Cake	Yoghurt Bar or a Dessert Pot	Black Bean Chocolate Browne	Yoghurt Bar or a Dessert Pot	Black Forest Cake with Berry Compote
<b>COLD DESSERT</b>	Yoghurt Bar or a Dessert Pot		Yoghurt Bar or a Dessert Pot		Yoghurt Bar or a Dessert Pot
<b>FRUIT</b>	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

