

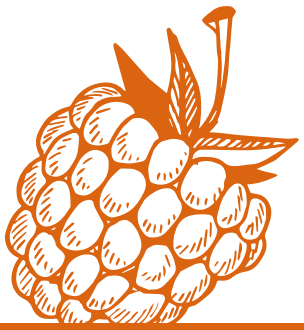
# LUNCH



## Sample Menu Week 1



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Chunky White Bean, Pan-fried Vegan bacon with homemade Bread	West Indian Pepper Pot homemade bread	Roast Tomato & Red Pepper with homemade bread	Spinach & Potato with Homemade Bread	Sopa De Elote (Creamy Corn) with Homemade Bread
<b>MAIN COURSE ONE</b>	Vegan Pesto Tagliatelle with Cherry Tomato	Traditional Jamaican Jerk Chicken	Honey Roasted Gammon	Irish Lamb Stew	Mexican Fish Wrap
<b>MAIN COURSE TWO</b>	Vegetable Lasagne	Crispy Traditional jerk Tofu	Vegan Squash Wellington	Giant Butter Bean Stew	Mexican Vegan Breaded Fish Wrap
<b>JACKET POTATO BAR</b>	Jacket Potato, Baked Beans, Grated Cheddar & Vegan Main Course	Jacket Potato, Baked Beans, Grated Cheddar & Protein Main Course	Jacket Potato, Baked Beans, Grated Cheddar & Protein Main Course	Jacket Potato, Baked Beans, Grated Cheddar & Protein Main Course	Jacket Potato, Baked Beans, Grated Cheddar & Protein Main Course
<b>ON THE SIDE</b>	Garlic Bread, Wild Rocket Salad with shaved Parmesan Cherry Tomato & Lemon Vinaigrette	Rice & Kidney Beans, Green Papaya Coleslaw, Mango Salsa, Fried Plantain Buttered Sweetcorn	Roasted Root Vegetables, Roasted Potatoes, Apple Sauce & gravy	Kale Colcannon, braised Savoy Cabbage & Garden Peas	Corn & Black Bean Salad, Cilantro Slaw Chipotle Ranch Chunky Fries
<b>SALAD BAR</b>	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
<b>DESSERT</b>	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
<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

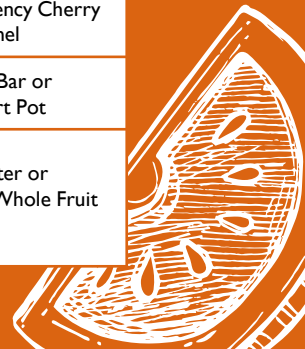


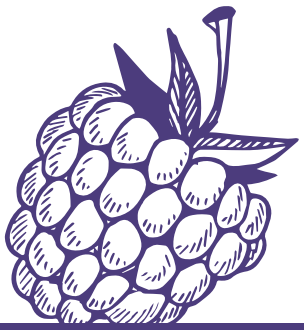
# LUNCH



## Sample Menu Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Moroccan Harira Homemade Bread	Creamy Pumpkin with hint of Nutmeg Homemade Bread	Parsnip & Celeriac with Homemade Bread	Roast Peppers with Homemade Bread	Mushroom & Tarragon with Homemade Bread
<b>MAIN COURSE ONE</b>	Chickpea Shawarma Wraps	Peri Peri Chicken	Indian Beef Curry	Pork & Leek Sausage	Coconut Crusted Fish
<b>MAIN COURSE TWO</b>	Moroccan Falafel Wraps	Spinach & Feta Stuffed Portobello Mushrooms	Vegan Paneer Butter Masala	Toad in The Hole	Quorn Fishless Fingers
<b>JACKET POTATO BAR</b>	Jacket Potato, Baked Beans, Grated Cheddar & Vegan Main Course	Jacket Potato, Baked Beans, Grated Cheddar & Protein Main Course	Jacket Potato, Baked Beans, Grated Cheddar & Protein Main Course	Jacket Potato, Baked Beans, Grated Cheddar & Protein Main Course	Jacket Potato, Baked Beans, Grated Cheddar & Protein Main Course
<b>ON THE SIDE</b>	Grilled Vegetables, Garlic Sauce & Tabouleh	Sweet Potato Wedges Mango & Avocado Salsa Peri Peri Kale Slaw	Indian Pilau Rice, Poppadum, Naan Bread, Mango Chutney Raita	Garlic Mashed Potato, Carrot & Roast Courgette Shallot Gravy	Chunky Chips, Tartar Sauce Crushed Garden Peas & Mint Malt Vinegar,
<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





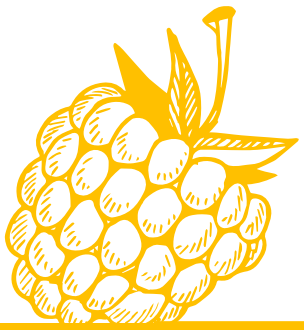
# LUNCH



## Sample Menu Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Carrot & Coriander Homemade Bread	Sweetcorn Chowder with Homemade Bread	Laksa with Homemade Bread	Watercress & Potato with Homemade Bread	Broccoli & Stilton with Homemade Bread
<b>MAIN COURSE ONE</b>	Vegan Banger & Mash, Onion Gravy	BBQ Pulled Pork Burger With Pickled Red Cabbage & Apple	Sweet & Sour Chicken	Turkey & Ham Pie	Traditional Lemonade Fish in Batter
<b>MAIN COURSE TWO</b>	Vegan Cottage Pie	BBQ Lentil Burger with Caramelised Onion	Crispy Orange Vegan Chicken	Chard Lemon & Cheese Pie	Lemonade Vegan Sausage in Batter
<b>JACKET POTATO BAR</b>	Jacket Potato, Baked Beans, Grated Cheddar & Vegan Main Course	Jacket Potato, Baked Beans, Grated Cheddar & Protein Main Course	Jacket Potato, Baked Beans, Grated Cheddar & Protein Main Course	Jacket Potato, Baked Beans, Grated Cheddar & Protein Main Course	Jacket Potato, Baked Beans, Grated Cheddar & Protein Main Course
<b>ON THE SIDE</b>	Cauliflower Mash Potato Carrot and Pea & Kale	Cajun Garlic Wedges, Onion Rings Gherkins, Tomato Slices & Baby Gem Lettuce	Egg Fried Rice, Szechuan Green Beans & Prawn Crackers	Cornbread, Braised red Cabbage with Cranberry Sauce & Sage Gravy	Chunky Chips Garden Peas, Malt Vinegar Tartar Sauce, Lemon Wedges
<b>SALAD BAR</b>	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
<b>DESSERT</b>	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
<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





# LUNCH



## Sample Menu Week 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Creamy Potato & Leek Homemade Bread	Creamy Zucchini Homemade Bread	Vegetable Goulash with Homemade Bread	Onion & Cheddar with Homemade Bread	Sweet Potato & Coconut with Homemade Bread
<b>MAIN COURSE ONE</b>	Spinach & Feta Stuffed Crepe or Tomato Vegan Feta Crepe	Chicken & Chorizo Paella	Beef & Non Alcoholic Ale Stew with Herb Cheddar Dumpling	Pork Escalope	Posh Finger with Ciabatta
<b>MAIN COURSE TWO</b>	Vegetable Ratatouille Tart	Paella de Verduras (Mixed Vegetables)	Vegan Beef & Butternut Squash Dumpling Stew	Multi Seeds Vegan Parmesan Sweet Potato Escalope	Posh fishless Finger with Ciabatta
<b>JACKET POTATO BAR</b>	Jacket Potato, Baked Beans, Grated Cheddar & Vegan Main Course	Jacket Potato, Baked Beans, Grated Cheddar & Protein Main Course	Jacket Potato, Baked Beans, Grated Cheddar & Protein Main Course	Jacket Potato, Baked Beans, Grated Cheddar & Protein Main Course	Jacket Potato, Baked Beans, Grated Cheddar & Protein Main Course
<b>ON THE SIDE</b>	Cauliflower & Romanesco Gratin, French Herb Roast Potatoes	Ensalada Verde (Green Salad), Garlic Aioli	Creamy Mash Potato, Seasonal Roasted Root Vegetables	Mediterranean Vegetable, Giant Cous Cous, Honey Glazed Parsnip & Carrot Grain Mustard Sauce	Chunky Chips, Peas & Mint, Tartar, Lemon Wedges, Malt Vinegar, Gherkins Garden Salad
<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

