

## Lunch – Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
SOUP	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day			
HOMEMADE BREADS	Crusty bloomer	Poppy seed loaf	Granary bread	Garlic & Herb Bread	Cottage round			
MAIN COURSE 1	honey & thyme roasted chicken	turkey & chestnut mushroom stroganoff	Deli Bar	roast chicken	fish shop Friday battered pollock or breaded cod chunky chips and tartare sauce	beef dish	Sunday Brunch sausage, eggs, hash browns, beans, mushrooms, black pudding, tomatoes	
MAIN COURSE 2	teriyaki glazed hake fillet with peppers	lemon & chilli roasted pork belly	pasta bar mac n cheese with ham	Mexican beef birria	healthy catch of the day	chicken dish		
VEGAN MAIN	gnocchi with courgettes provencale	spicy bean burger	pasta with tomato sauce	butternut squash risotto	buddah bowls	vegetarian		
CARBOHYDRATE	roasted new potatoes/ egg noodles	rice / mash potato	pasta	roasted potatoes / mexican rice	chips	carbs		
VEGETABLES	carrots / broccoli	roasted root vegetables	peas/ sweetcorn	roasted root vegetables	mushy peas, garden peas & baked beans	mixed seasonal market vegetables		
JACKET BAR	Jacket filling of the Day Baked Beans Cheddar Cheese	Jacket filling of the Day Baked Beans Cheddar Cheese	Jacket filling of the Day Baked Beans Cheddar Cheese	Jacket filling of the Day Baked Beans Cheddar Cheese	Jacket filling of the Day Baked Beans Cheddar Cheese	Jacket filling of the Day Baked Beans Cheddar Cheese		
DESSERT 1	banana crumble with toffee custard	vanilla rice pudding with blackberry coulis	chocolate brownie with caramel sauce	coconut dream bar	Chefs choice of the day	Chefs choice of the day		
DESSERT 2	Selection of cold Dessert Yoghurt and Jellies	Selection of cold Dessert Yoghurt and Jellies	Selection of cold Dessert Yoghurt and Jellies	Selection of cold Dessert Yoghurt and Jellies	Selection of cold Dessert Yoghurt and Jellies	Selection of cold Dessert Yoghurt and Jellies		
FRESH WHOLE FRUIT & YOGHURT	Fresh whole fruit and yoghurt always available							

## Lunch – Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SOUP	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day		
HOMEMADE BREADS	Crusty bloomer	Poppy seed loaf	Granary bread	Garlic & Herb Bread	Cottage round		
MAIN COURSE 1	lamb keema with naan bread	grilled chicken with cranberry & sweet chilli dressing	Deli Bar	griddled gammon with apple gravy	fish shop Friday battered pollock or breaded cod chunky chips and tartare sauce	chicken dish	Sunday Brunch sausage, eggs, hash browns, beans, mushrooms, black pudding, tomatoes
MAIN COURSE 2	bacon chop with pineapple salsa	beef bolognaise	Pasta Bar fusili pasta meat carbonara neopolitan sauce cheese sauce	beef pad thai	margarita pizza	fish dish	
VEGAN MAIN	seitan stirfry with rice noodles	roast pepper, sunblush tomato & basil risotto	pasta with romesco sauce	chestnut mushroom risotto	mac n cheese	vegetarian dish	
CARBOHYDRATE	steamed new potatoes/ rice	parmentier potatoes/ pasta	pasta	roasted potatoes / rice noodles	chips	carbs	
VEGETABLES	carrots / broccoli	roasted root vegetables	peas/ sweetcorn	roasted root vegetables	mushy peas, garden peas & baked beans	mixed seasonal market vegetables	
JACKET BAR	Jacket filling of the Day Baked Beans Cheddar Cheese	Jacket filling of the Day Baked Beans Cheddar Cheese	Jacket filling of the Day Baked Beans Cheddar Cheese	Jacket filling of the Day Baked Beans Cheddar Cheese	Jacket filling of the Day Baked Beans Cheddar Cheese	Jacket filling of the Day Baked Beans Cheddar Cheese	
DESSERT 1	warm yum yum with custard	peach melba sponge with raspberry jam	steamed golden syrup sponge	toffee apple rice pudding	Chefs choice of the day	chefs choice	
DESSERT 2	Selection of cold Dessert Yoghurt and Jellies	Selection of cold Dessert Yoghurt and Jellies	Selection of cold Dessert Yoghurt and Jellies	Selection of cold Dessert Yoghurt and Jellies	Selection of cold Dessert Yoghurt and Jellies	Selection of cold Dessert Yoghurt and Jellies	
FRESH WHOLE FRUIT & YOGHURT	Fresh whole fruit and yoghurt always available						

## Lunch – Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SOUP	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day		
HOMEMADE BREADS	Crusty bloomer	Poppy seed loaf	Granary bread	Garlic & Herb Bread	Cottage round		
MAIN COURSE 1	classic british beef stew	cuban style chicken with mango salsa	Deli bar	roast chicken	fish shop Friday battered pollock or breaded cod chunky chips and tartare sauce	chicken dish	Sunday Brunch sausage, eggs, hash browns, beans, mushrooms, black pudding, tomatoes
MAIN COURSE 2	baked fish italian style	mexican chilli beef tortilla with salsa	pasta bar pork meat balls	chinese style pork	healthy catch of the day	beef dish	
VEGAN MAIN	vegetable pad thai	cuban style vegetables with tortilla wrap	ramen soup	falafel pitta breads	yakatori bar	vegetarian dish	
CARBOHYDRATE	new potatoes/ rice noodles	saute potatoes/ rice	pasta	roast potatoes / rice	chips	carbs	
VEGETABLES	carrots / broccoli	roasted root vegetables	peas/ sweetcorn	roasted root vegetables	mushy peas, garden peas & baked beans	mixed seasonal market vegetables	
JACKET BAR	Jacket filling of the Day Baked Beans Cheddar Cheese	Jacket filling of the Day Baked Beans Cheddar Cheese	Jacket filling of the Day Baked Beans Cheddar Cheese	Jacket filling of the Day Baked Beans Cheddar Cheese	Jacket filling of the Day Baked Beans Cheddar Cheese	Jacket filling of the Day Baked Beans Cheddar Cheese	
DESSERT 1	oaty banana & chocolate malteser crumble	berry & white chocolate cake	vanilla rice pudding with plum compote	blackberry muffin cake	Chefs choice of the day	chefs choice	
DESSERT 2	Selection of cold Dessert Yoghurt and Jellies	Selection of cold Dessert Yoghurt and Jellies	Selection of cold Dessert Yoghurt and Jellies	Selection of cold Dessert Yoghurt and Jellies	Selection of cold Dessert Yoghurt and Jellies	Selection of cold Dessert Yoghurt and Jellies	
FRESH WHOLE FRUIT & YOGHURT	Fresh whole fruit and yoghurt always available						

## Lunch – Week 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
SOUP	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day			
HOMEMADE BREADS	Crusty bloomer	Poppy seed loaf	Granary bread	Garlic & Herb Bread	Cottage round			
MAIN COURSE 1	beef bolognaise	smoked haddock fish cakes	Deli Bar	roasted gammon	fish shop Friday battered pollock or breaded cod chunky chips and tartare sauce	pork dish	Sunday Brunch sausage, eggs, hash browns, beans, mushrooms, black pudding, tomatoes	
MAIN COURSE 2	sweet n sour baked chicken	sausage bar pork cumberland chicken sausages	penne pasta turkey ragu neopolitan sauce parmesan cheese cheese sauce	butter chicken curry	salmon & prawn cocktail salad	chicken dish		
VEGAN MAIN	vegetable bolognaise	carrot & coriander sausages	cheese & onion quiche	sweet potato & black bean enchiladas	butternut korma	vegetarian dish		
CARBOHYDRATE	penne pasta / wedges	creamed potatoes	pasta	roasted potatoes/ rice	chips	carbs		
VEGETABLES	carrots / broccoli	roasted root vegetables	peas/ sweetcorn	roasted root vegetables	mushy peas, garden peas & baked beans	mixed seasonal market vegetables		
JACKET BAR	Jacket filling of the Day Baked Beans Cheddar Cheese	Jacket filling of the Day Baked Beans Cheddar Cheese	Jacket filling of the Day Baked Beans Cheddar Cheese	Jacket filling of the Day Baked Beans Cheddar Cheese	Jacket filling of the Day Baked Beans Cheddar Cheese	Jacket filling of the Day Baked Beans Cheddar Cheese		
DESSERT 1	lemon drizzle bar	cherry stresuel	chocolate sponge with chocolate sauce	apple & autumn berry cake	Chefs choice of the day	chefs choice		
DESSERT 2	Selection of cold Dessert Yoghurt and Jellies	Selection of cold Dessert Yoghurt and Jellies	Selection of cold Dessert Yoghurt and Jellies	Selection of cold Dessert Yoghurt and Jellies	Selection of cold Dessert Yoghurt and Jellies	Selection of cold Dessert Yoghurt and Jellies		
FRESH WHOLE FRUIT & YOGHURT	Fresh whole fruit and yoghurt always available							