



Lunch Menu



Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Herby Italian Style Meat Balls		Cottage Pie Topped with Sweet Potato Mash		Fish of Day, Served with Fresh Lemon and Tartare Sauce
Vegetarian Main Meal	Roast Vegetable Lasagne with Basil		Button Mushroom Filo Strudel finished with Tarragon		Spicy Bean Burger with Tomato Relish and roasted Red Onions
On the Side	Medley of Green Vegetables, Roasted Squash, Parmentier Potatoes	Flat Breads, Selection of Salads and dips	Roasted New Potatoes with Rosemary and Garlic, Peas & Carrots,	Pilau Rice, Poppadums, Chutneys, Saag Bhajee, Spiced Cauliflower	Chips, Baked Beans, Garden Peas
Chicken & Rice Bar	Look out for the daily flavour of Chicken Drumsticks, which can be enjoyed with our Spicy Rice or with salad				
Jacket Potato & Pasta Station	Choose from our sauce of the day or simply with Grated Cheese to accompany your Pasta or a fluffy jacket Potato with Cheese and Beans				
The Perfect Way to Finish	Apple & Sultana Jalouise with Vanilla Custard	Jam & Coconut Cake	Pineapple & Cherry Upside Down Sponge	Homemade Banoffee Pancakes	Marble Cake with Chocolate Sauce



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Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Lamb & Vegetable Ragout Filled Potato Skins Topped with a Mash Crust		Sweet n Sour Pork with Fresh Pineapple		Fish of Day, Served with Fresh Lemon and Tartare Sauce
Vegetarian Main Meal	Spanish Tortilla, Olive and Tomato Compote		Broccoli and Black Bean Stir Fry		Aubergine Pasta
On the Side	New Potatoes with Mint, Broccoli & Cauliflower, Sauteed Cabbage	Chopped Salad & Garlic Bread, Green Beans	Egg Fried Rice with Spring Onions & Soy, Vegetable Stir Fry	Rice & Peas Coleslaw Plantain Chopped Salad	Chips, Baked Beans, Garden Peas
Chicken & Rice Bar	Look out for the daily flavour of Chicken Drumsticks, which can be enjoyed with our Spicy Rice or with salad				
Jacket Potato & Pasta Station	Choose from the Sauce of the day or simply with Grated Cheese to accompany your Pasta or a fluffy jacket Potato with Cheese and Beans				
The Perfect Way to Finish	Sticky Toffee Pudding	Apple and Forest Fruit Crumble with Custard	Lemon Drizzle Cake	Carrot & Orange Cake	Chocolate Fudge Cake



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Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Classic Beef Lasagne	 Marinated chicken served with sides including wedges, rice and garlic bread	Chicken & Ham Casserole with a Puff Pastry Lid	 A selection of popular Mexican dishes served with rice, tacos, wraps	Fish of Day, Served with Fresh Lemon and Tartare Sauce
Vegetarian Main Meal	Falafel Pita Pocket with Cabbage Slaw and Mint Dressing		Sweet Corn, Spring Onion and Chilli Fritters topped with Roasted Vegetables		Mexican Bean Chilli Burrito
On the Side	Saute Potatoes, Crushed Carrot & Swede, Steamed Broccoli	Spicy Rice, Piri Piri Wedges, Cabbage Slaw	Champ Potatoes, Cauliflower Cheese & Courgettes	Rice, Refried Beans, Nacho's & Salsa	Chips, Baked Beans, Garden Peas
Chicken & Rice Bar	Look out for the daily flavour of Chicken Drumsticks, which can be enjoyed with our Spicy Rice or with salad				
Jacket Potato & Pasta Station	Choose from our sauce of the day or simply with Grated Chees to accompany your Pasta or a fluffy jacket Potato with Cheese and Beans				
The Perfect Way to Finish	Chocolate & Cherry Cake	Spiced Rice Pudding with Fruit Compote	Lemon & Sultana Pudding	Tropical Fruit Crumble + Coconut Custard	Syrup Sponge & Custard



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