# Lunch menu week one



# Available everyday

## Seasonal soup

with croutons, fresh herbs, toppings, and freshly baked bread

## **Everyday salads**

big bowl salad, tomato, cucumber, peppers, grated carrot, boiled eggs, mixed leaves, sweetcorn

#### Fruit bar

selection of bananas, apples, satsumas, melon and mixed grapes

## Yoghurt bar

selection of natural yoghurt, seeds and dried fruits

## Jacket potato bar

hot jacket potatoes with a choice of fillings

Please see daily menu boards for ALL allergens

# Monday

#### Main meal

Chicken Rogan Josh Coconut Rice, Bombay Potato

## **Vegetarian Meal**

Roasted Butternut, Chic Pea and Mushroom Bhuna

#### Sides

Cumin Seed Cauli, Naan Bread, Mango Chutney

#### Dessert

Raspberry Jelly Pots

# Tuesday

#### Main meal

Pork and Leek Sausage & Buttery Mash

## **Vegetarian Meal**

Vegetarian Cumberland Sausage

### Sides

Peas, Honey Roasted Carrots, Onion Gravy

#### Dessert

Banana Loaf with Custard

# Wednesday

#### Main meal

Sweet and Sour Chicken

### **Vegetarian Meal**

Hoi Sin style Stir Fry

#### Sides

Vegetable Rice, Sweetcorn, Pak Choi, Sticky

Cabbage

#### Dessert

Fruit Day!

# **Thursday**

#### Main meal

Roast Leg of Pork & Sage and Onion Stuffing Balls

## **Vegetarian Meal**

Butternut, Spinach and Feta Wellington

#### Sides

Broccoli, Roast Potato, Roast Carrot and Swede

#### Dessert

Winterberry Cheesecake

# **Friday**

#### Main meal

Battered Fish & Chips

Fish Pie

## **Vegetarian Meal**

Mexican Veg Quesadilla

#### Sides

Peas,

Chunky Chips, Gherkins, Pickled Onions, Lemons,

Tartar sauce

#### Dessert

Beetroot Chocolate Fudge Cake



# Lunch menu week two



# Available everyday

## Seasonal soup

with croutons, fresh herbs, toppings, and freshly baked bread

## **Everyday salads**

big bowl salad, tomato, cucumber, peppers, grated carrot, boiled eggs, mixed leaves, sweetcorn

#### Fruit bar

selection of bananas, apples, satsumas, melon and mixed grapes

## Yoghurt bar

selection of natural yoghurt, seeds and dried fruits

## Jacket potato bar

hot jacket potatoes with a choice of fillings

Please see daily menu boards for ALL allergens

# Monday

#### Main meal

Wholemeal and Regular Pasta, Beef Bologanise

#### **Vegetarian Meal**

Roasted Tomato, Spinach and Mushroom Penne
Bake

#### Sides

Green Beans, Fried Onion, Roast Peppers, Corn

#### Dessert

Yoghurt Day

# Tuesday

#### Main meal

Homestyle Cottage Pie

### **Vegetarian Meal**

Cheesey Broccoli Bake

#### Sides

Minted Peas and Thyme Infused Carrots

#### Dessert

Lemon, Carrot and Spinach Drizzle Cake

# Wednesday

#### Main meal

Beef and Pearl Barley Casserole

## **Vegetarian Meal**

Sweet and Sour Tofu Bites

#### Sides

Lionaise Potatoes, Garlic Fried Cabbage, Roasted

Root Veg

#### Dessert

Fruity Oat Bar

# **Thursday**

#### Main meal

Honey Glazed Roast Gammon

## **Vegetarian Meal**

Veg Lancashire Hotpot

#### Sides

Roasted New Potato, Cauliflower, Maple Roasted Parsnips, Sweet Potato

#### Dessert

Apple and BlackBerry Crumble

## **Friday**

#### Main meal

Battered Fish & Chips Fish Fingers, Fish Cake

## **Vegetarian Meal**

Vegetarian Hotdogs

#### Sides

Mushy Peas, Baked Beans Chunky Chips, Gherkins, Pickled Onions, Lemons,

# Tartar sauce Dessert

Banana, Custard and Cream Pots



# Lunch menu week three



# Available everyday

## Seasonal soup

with croutons, fresh herbs, toppings, and freshly baked bread

## **Everyday salads**

big bowl salad, tomato, cucumber, peppers, grated carrot, boiled eggs, mixed leaves, sweetcorn

## Fruit bar

selection of bananas, apples, satsumas, melon and mixed grapes

## Yoghurt bar

selection of natural yoghurt, seeds and dried fruits

## Jacket potato bar

hot jacket potatoes with a choice of fillings

Please see daily menu boards for ALL allergens

# Monday

#### Main meal

Pesto Chicken Pasta Bake

#### **Vegetarian Meal**

Macaroni Cheese Bake

#### Sides

Broccoli, Cauli and Roasted Onions

#### Dessert

Fruit and Yoghurt Day

# **Tuesday**

#### Main meal

Mexican Inspired Beef and Kidney Bean Chilli

#### **Vegetarian Meal**

5 Bean Chilli Ragu

#### Sides

Rice, Sweetcorn, Aubergine, Peppers, Tortilla Chips, Sour Cream, Guacamole

#### Dessert

Rice Pudding with Raspberry Jam

# Wednesday

#### Main meal

Beef and Split Pea Lasagne

## **Vegetarian Meal**

Vegetable Moussaka

#### Sides

Garlic Slice, Green Beans, Peas

#### Dessert

Classic "School" Cake

# **Thursday**

#### Main meal

Roasted Lemon, Garlic and Thyme Chicken

## **Vegetarian Meal**

Thai Style Corn Fritter

#### Sides

Yorkies, Sticky Cabbage, Roasted Carrots

#### Dessert

Peach and Raspberry Crumble with Vanilla Custard

## Friday

#### Main meal

Battered Fish & Chips, Sausage

# **Vegetarian Meal**

Vegetable Jambalaya

#### Sides

Lemon Minted Peas, Baked Beans, Chunky Chips, Gherkins, Pickled Onions, Lemons,

Tartar sauce

#### Dessert

Winter Trifle

