

LUNCH Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup of the Day	Tomato & Basil	Potato & Leek	Cream of Tomato	Broccoli & Stilton	Tomato & Paprika	Vegetable Broth	
Main Course 1	Chicken Balti & Naan Bread	Pork & Leek Sausage	Chicken Nuggets	Coopers Sausage Rolls	Battered Cod	Toad in the Hole	BRUNCH Continental & Full English Breakfast
Main Course 2	Roast Beef & Yorkshire	Chicken Supreme	Meatballs Arrabiata	Turkey Escalope	Scampi Au Tartare	Chicken Burger In a bun	
Healthier Option	Moroccan Chicken Tagine	Cod Loin & Cheese Sauce	Roast Pork & Apple Sauce	Chicken Cacciatore	Cajun Butterfly Chicken Breast	Chicken Stir Fry	
Vegetarian	Quorn Lasagne	Spanakopita	Teriyaki Tofu & Spring Onion	Macaroni Cheese	Stilton Mushrooms	Quorn Risotto	
Vegan	Mushroom Stroganoff	Vegetable Burrito	Rice & Bean Enchiladas	Spicy Root & Vegetable Casserole	Spring Vegetable Frittata	Stuffed Tomato & Mozzarella	
Daily Fresh Vegetable Option	Mixed Green Vegetables Baton Carrots	Carrot & Swede Mash Minted Garden Peas	Cauliflower Cheese Peas & Baby Carrots	Honey Roast Carrot & Parsnip Broccoli Florets	Mushy Peas Curry Sauce Gravy	Sauté Courgettes Garden Peas	
High in Fiber	Baked Beans	Baked Beans	Baked Beans	Baked Beans	Baked Beans	Baked Beans	
Carbohydrate Choices	Roast Potatoes New Potatoes Turmeric Rice Jacket Potato	Mashed Potato Herby Diced Potatoes White Rice Jacket Potato	Steakhouse Fries New Potatoes Spaghetti Jacket Potato	Dauphinoise Potatoes Croquette Potatoes Jacket Potato	Chipped Potatoes Boulangere Potatoes Jacket Potato	Curly Fries Spicy Noodles White Rice Jacket Potato	Salad and Soup from 12 – 3pm
Pasta Meat Sauce	Penne Sweet & Sour Chicken	Spaghetti Beef Casserole	Bow Ties Savory Lamb	Farfalle Chicken Fricassee Three Cheese	Gnocchi Chicken & Ham	Penne Fish Supreme	
Vegetarian Sauce	Tomato Olives	Garlic Mushrooms	Tomato, Tofu & Basil		Tomato & Herb Butter Bean	Tomato & Red Onion	
Daily Assortment of Desserts	Black & White Layer Cake Yoghurt & Topping Fresh Fruit Salad	Gold Diggers Crunch Pie Yoghurt & Topping Fresh Fruit Salad	Apple & Cherry Pie with Custard Yoghurt & Topping Fresh Fruit Salad	Choc Sponge & Choc Sauce Yoghurt & Topping Fresh Fruit Salad	Belgium Waffles & Golden Syrup Yoghurt & Topping Fresh Fruit Salad	Bread & Butter Pudding Yoghurt & Topping Fresh Fruit Salad	
Salad Bar Meat Vegetarian	An Assortment of Salad Pots	An Assortment of Salad Pots	An Assortment of Salad Pots	An Assortment of Salad Pots	An Assortment of Salad Pots	An Assortment of Salad Pots And Compound Salads	