



# Lunch

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
<b>Meat Dish</b>	Texan beef chilli (G/F)	Creamy chicken pasta bake	Cottage pie (G/F)	Turkey fajita with peppers and onions (G/F)	Cornish company sausage rolls
<b>Vegetarian/ Vegan Dish</b>	Smokey vegetable and bean chilli (G/F) (Vegan)	Spinach and ricotta tortelloni with tomato basil sauce (V)	Vegan mince and onion pie topped with mash (G/F) (Vegan)	Vegetable and pinto bean fajita (G/F) (Vegan)	Vegan sausage rolls (Vegan)
<b>Accompanying Carbs</b>	Jacket potatoes, sweet potatoes, rice and tortilla chips (G/F) (Vegan)	Jacket potatoes, sweet potatoes and garlic bread (Vegan)	Jacket potatoes, sweet potatoes and sautéed potatoes (G/F) (Vegan)	Jacket potatoes, sweet potatoes, tortilla bread and rice (Vegan)	Jacket potatoes, sweet potatoes and skin on fries (G/F) (Vegan)
<b>Vegetables/ side dishes</b>	Baked beans, sweetcorn and baby carrots (G/F) (Vegan)	Baked beans, green vegetables medley (G/F) (Vegan)	Baked beans, swede and carrots (G/F) (Vegan)	Baked beans, peas and sweetcorn (G/F) (Vegan)	Baked beans, garden peas and diced carrots (G/F) (Vegan)
<b>Daily items</b>	Hot sandwich/panini/pastry of the day, selection of filled sandwiches, baguettes, wraps and salad bar				
<b>Pasta/Gnocchi or Risotto</b>	Pasta with tomato and Mediterranean vegetable sauce (Vegan)	Gnocchi with pomodoro sauce and fried aubergine (Vegan)	Spaghetti with marinara sauce (Vegan)	Mushroom and hard cheese risotto (G/F) (V)	Penne with creamy pest sauce (V)
<b>Hot or cold dessert</b>	Oat and raisin cookie (V)	Chocolate brick wall with custard (V)	Frozen toffee yoghurt (V)	Chocolate flap jack (G/F) (Vegan)	Ice cream tub (V)
<b>Daily Desserts</b>	Vegan jelly, cheese and biscuits, fruit yoghurt, fresh fruit salad and whole fruit				

# Supper

Week One	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>Main meat/fish dish</b>	Battered white fish	Chicken katsu curry	Ground pork in black bean sauce	Crispy mini chicken fillets	Mongolian beef noodles	Fillet of fish burger Spicy bean burger	Chicken chasseur Ratatouille	
<b>Vegetarian option</b>	Fishless fingers	Breaded Quorn fillets	Vegetables in black bean sauce	Crispy fried eggplant	Spicy Vegetable noodles			
<b>On the side</b>	Chunky chips, Peas and Tartar sauce	Soy noodles and green vegetables	Egg noodles and Asian greens	Chunky chips and coleslaw	Sautéed beansprouts and cabbage	Skinny fries Garden peas Brownie	Lyonnais potatoes Garlic green beans Lemon posset	
<b>Dessert</b>	Trifle	Fruit platter	Choc ice	Fruit pavlova	Fruit platter			
Selection of fresh bread, salads, yoghurt pots & whole fruits								



# Lunch

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
<b>Meat Dish</b>	Classic beef lasagne	Butchers pork sausages with onion gravy	Chicken pie with puff pastry	BBQ chicken fillets (G/F)	Pepperoni pizza
<b>Vegetarian/ Vegan Dish</b>	Mac and cheese	Vegan sausages with onion gravy (G/F) (Vegan)	Root vegetable hotpot (G/F) (Vegan)	BBQ Quorn fillets (G/F) (Vegan)	Margarita pizza (V)
<b>Accompanying Carbs</b>	Jacket potatoes, sweet potatoes and garlic bread (Vegan)	Jacket potatoes, sweet potatoes and mashed potatoes (G/F) (V)	Jacket potatoes, sweet potatoes and buttered new potatoes with parsley (G/F) (Vegan)	Jacket potatoes, sweet potatoes and potato wedges (G/F) (Vegan)	Jacket potatoes, sweet potatoes and skin on fries
<b>Vegetables/ side dishes</b>	Baked beans, broccoli and cauliflower (G/F) (Vegan)	Baked beans, carrots and peas (G/F) (Vegan)	Baked beans, roast parsnips and carrots (G/F) (Vegan)	Baked beans, green beans and sweetcorn (G/F) (Vegan)	Baked beans, spaghetti hoops and peas (Vegan)
<b>Daily items</b>	Hot sandwich/panini/pastry of the day, selection of filled sandwiches, baguettes, wraps and salad bar				
<b>Pasta/Gnocchi or Risotto</b>	Pasta with tomato and basil sauce (Vegan)	Gnocchi with four cheese sauce (V)	Spaghetti with pomodoro sauce (Vegan)	Risotto primavera (G/F) (V)	Penne pasta arrabiatta (Vegan)
<b>Hot or cold dessert</b>	Double chocolate cookie (Vegan)	Peach crumble and custard (V)	Fruity oat bake (G/F) (Vegan)	Chocolate doughnut (V)	Ice lolly (G/F) (Vegan)
<b>Daily Desserts</b>	Vegan jelly, cheese and biscuits, fruit yoghurt, fresh fruit salad and whole fruit				

# Supper

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>Main meat/fish dish</b>	Chicken, ginger and garlic baked rice	Sweet and sour pork	Bang bang chicken	Cajun chicken pasta	Indian beef keema with carrots and potatoes	Southern fried chicken Vegan nuggets	Roast loin of pork with sage and onion Quorn fillet	
<b>Vegetarian option</b>	Mushroom baked rice	Sweet and sour vegetables	Bang bang cauliflower	Creamy mushroom pasta	Chickpea curry			
<b>On the side</b>	Honey glazed carrots and soy broccoli	Rice and stir fried vegetables	White rice and fine beans	Garlic bread and Steamed broccoli	Basmati rice And naan bread	Potato wedges BBQ beans Cookie	Roast potatoes and a selection of vegetables Apple pie and pouring cream	
<b>Dessert</b>	Sprinkle cake	Fruit platter	Chocolate ice cream sundae	Lemon meringue pie	Fruit platter			
<b>Selection of fresh bread, salads, yoghurt pots &amp; whole fruits</b>								



# Lunch

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
<b>Meat Dish</b>	Kashmiri chicken curry (G/F)	Spaghetti bolognaise	Roast turkey breast (G/F) with sage and onion stuffing	Chicken and chorizo with tomato and peppers (G/F)	Breaded cod fillets
<b>Vegetarian/ Vegan Dish</b>	Aubergine and chickpea curry (G/F) (Vegan)	Lentil bolognaise (Vegan)	Quorn roast (Vegan)	Spanish style vegetable and chickpea casserole (G/F) (Vegan)	Vegan nuggets
<b>Accompanying Carbs</b>	Jacket potatoes, sweet potatoes, basmati rice and naan bread (Vegan)	Jacket potatoes, sweet potatoes and garlic bread (Vegan)	Jacket potatoes, sweet potatoes and roast potatoes (G/F) (Vegan)	Jacket potatoes, sweet potatoes and rice (G/F) (Vegan)	Jacket potatoes, sweet potatoes and skin on fries (G/F) (Vegan)
<b>Vegetables/ side dishes</b>	Baked beans, cauliflower and baby carrots (G/F) (Vegan)	Baked beans, broccoli and green beans (G/F) (Vegan)	Baked beans, thyme roasted carrots and swede (G/F) (Vegan)	Baked beans, mixed vegetables (G/F) (Vegan)	Baked beans, garden peas and mushy peas (G/F) (Vegan)
<b>Daily items</b>	Hot sandwich/panini/pastry of the day, selection of filled sandwiches, baguettes, wraps and salad bar				
<b>Pasta/Gnocchi or Risotto</b>	Penne pasta with pesto (V)	Courgette and lemon risotto (G/F) (Vegan)	Pasta bows with roasted aubergine and courgette (Vegan)	Gnocchi with Tuscan bean sauce (Vegan)	Pasta with roasted garlic and tomato sauce (Vegan)
<b>Hot or cold dessert</b>	Chocolate chip cookie (Vegan)	Jam and coconut sponge with custard (V)	Blueberry muffin (V)	Chocolate eclair (V)	Rocket lolly (G/F) (Vegan)
<b>Daily Desserts</b>	Vegan jelly, cheese and biscuits, fruit yoghurt, fresh fruit salad and whole fruit				



# Supper

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>Main meat/fish dish</b>	Beef and vegetable hotpot	Chicken jambalaya	Teriyaki chicken	Penne in a creamy bacon sauce	Battered chicken with hot and sour sauce	Quarter pounder with cheese Veggie burger	Classic beef lasagne Vegetable lasagne	
<b>Vegetarian option</b>	Vegetable hotpot	Vegetable jambalaya	Quorn stir-fry	Tomato and basil pasta	Battered Quorn with hot and sour sauce			
<b>On the side</b>	Roasted root vegetables	Corn on the cob and steamed green vegetables	Jasmine rice, Beansprouts and cabbage	Garlic bread and Green beans	Sticky rice and Mange tout	Waffle fries Coleslaw Flap jack	Garlic bread and steamed broccoli Warm sponge pudding with cream	
<b>Dessert</b>	Profiteroles	Fruit platter	Cola lolly	Tiramisu	Fruit platter			
<b>Selection of fresh bread, salads, yoghurt pots &amp; whole fruits</b>								