

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

Meet free main meal

Pasta bar; lentil bolognaise
Tomato & basil sauce, pesto cream

Sides

Cheddar, red onion & rosemary focaccia, Thyme
roasted carrots & green beans

Dessert

Mango & Lime Cheesecake

Thursday

Main meal

Mac N Cheese with a choice of pesto chicken or
roasted gammon pieces, homemade garlic bread

Vegetarian meal

Crispy vegetable and noodle spring rolls, fired
rice and sweet chilli sauce

Side

Broccoli & carrot medley, homemade garlic
bread

Dessert

Jellies, fruit & yogurt bar

Tuesday

Main meal

Baked Chicken, sweet pepper, kidney bean &
cheddar tortilla wrap

Vegetarian meal

Sweet potato, baby spinach, cherry tomato &
brie frittata

Sides

Spicy potato wedges, sweetcorn with herb
butter, tortilla chips, cheddar cheese, sour cream

Dessert

Fresh fruit salad

Friday

Main meal

Fish fingers, battered fish or sausage

Vegetarian meal

Cherry tomato tart tatan with balsamic baby
onions and a rocket leaf dressing

Sides

Garden peas, baked beans
Chunky chips, lemons, tartar sauce

Dessert

Chocolate chip, orange & sunflower seed flapjack

Wednesday

Main meal

Homemade pork, garlic & lemon meatballs,
warm Bulgar wheat & cous cous mix, roasted
tomato & peppers sauce

Vegetarian meal

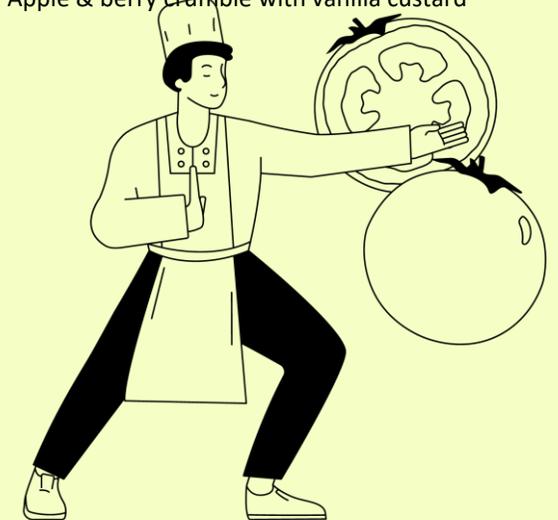
Homemade potato, leek & cheddar croquettes
with roasted tomato & peppers sauce

Sides

Bulgar wheat & cous cous, steamed green beans
& cabbage

Dessert

Apple & berry crumble with vanilla custard



Lunch menu week two

Available everyday	Monday	Tuesday	Wednesday
<p>Seasonal soup with croutons, fresh herbs, toppings, and freshly baked bread</p> <p>Everyday salads big bowl salad, tomato, cucumber, peppers, grated carrot, boiled eggs, mixed leaves, sweetcorn</p> <p>Fruit bar selection of bananas, apples, satsumas, melon and mixed grapes</p>	<p>Meat free main meal Roasted vegetable, sweet potato & chickpea curry</p> <p>Sides Garlic & coriander naan bread, mango chutney, braised rice, roasted green beans & carrots</p> <p>Dessert Lemon Drizzle cake</p>	<p>Main meal Chicken, sweet pepper & basil lasagne,</p> <p>Vegetarian meal Squash, spinach , mushroom & feta cheese lasagne, garlic dough balls</p> <p>Sides Paprika potatoes, baked broccoli in tomato sauce with fresh parsley</p> <p>Dessert Fresh fruit salad</p>	<p>Main meal Oven baked sausages, cheddar mash, mini Yorkshire puddings and rich gravy</p> <p>Vegetarian meal Char grilled aubergine, courgettes, red onion & basil gateau with melting Brie, olive tapenade</p> <p>Sides Cheddar mash, vegetable medley</p> <p>Dessert Warm chocolate brownie with chocolate sauce</p>
<p>Yoghurt bar selection of natural yoghurt, seeds and dried fruits</p> <p>Jacket potato bar hot jacket potatoes with a choice of fillings</p> <hr/> <p>Please see daily menu boards for ALL allergens</p> <hr/>	<p>Thursday</p> <p>Main meal Wholemeal spaghetti with beef, smokey bacon & broccoli florets, basil pesto focaccia bread & mozzarella cheese</p> <p>Vegetarian meal Spinach & feta filo pie</p> <p>Sides Basil pesto focaccia bread, green beans & cauliflower</p> <p>Dessert Jellies, fruit & yogurt bar</p>	<p>Friday</p> <p>Main meal Fish fingers, battered fish or Cumberland sausage</p> <p>Vegetarian meal Cajun spiced bean burger, halloumi cheese & wilted spinach leaves</p> <p>Sides Garden peas, baked beans Chunky chips, lemons, tartar sauce</p> <p>Dessert Double layered chocolate sponge with chocolate butter cream</p>	

*All menus are subject to change due to availability and supply

Lunch menu week three

Available everyday	Monday	Tuesday	Wednesday
<p>Seasonal soup with croutons, fresh herbs, toppings, and freshly baked bread</p> <p>Everyday salads big bowl salad, tomato, cucumber, peppers, grated carrot, boiled eggs, mixed leaves, sweetcorn</p> <p>Fruit bar selection of bananas, apples, satsumas, melon and mixed grapes</p> <p>Yoghurt bar selection of natural yoghurt, seeds and dried fruits</p> <p>Jacket potato bar hot jacket potatoes with a choice of fillings</p>	<p>Meat free main meal Margarita focaccia pizza Roasted vegetable, feta & pesto focaccia pizza</p> <p>Sides Two potato wedges, peas & sweetcorn</p> <p>Dessert Apple & blackberry filo pie with vanilla custard</p>	<p>Main meal Beef cannelloni topped with mozzarella Cheese with garlic thyme & rosemary bread</p> <p>Vegetarian meal Stuffed flat mushroom with Mediterranean vegetables, puy lentils & cream cheese</p> <p>Sides Garlic, thyme & rosemary bread, steamed broccoli & carrots</p> <p>Dessert Fresh fruit salad</p>	<p>“Jacket Wednesday” Paprika, sweet or plain baked potato with choice of filling BBQ Boston beans with sausages, creamy pesto chicken, vegetable curry, beef chilli, tuna mayo, coleslaw & baked beans</p> <p>Vegetarian meal Homemade cheese potato & spring onion Cornish pasty</p> <p>Sides Green beans & peas</p> <p>Dessert Carrot cake tray bake with vanilla cream cheese topping</p>
<hr/> <p>Please see daily menu boards for ALL allergens</p> <hr/>	<p>Thursday</p> <p>Main meal Bacon cheese beef burger</p> <p>Vegetarian meal Spiced Cauliflower steak with roasted chickpea, spinach & red onion salad</p> <p>Sides Red cabbage coleslaw, mixed leaf salad, roasted new potato wedges</p> <p>Dessert</p>	<p>Friday</p> <p>Main meal Fish fingers, battered fish or Sausage</p> <p>Vegetarian meal Cherry tomato, roasted pepper, red onion & cheddar quiche</p> <p>Sides Garden peas, Chunky chips, lemons, tartar sauce</p> <p>Dessert</p>	

*All menus are subject to change due to availability and supply