

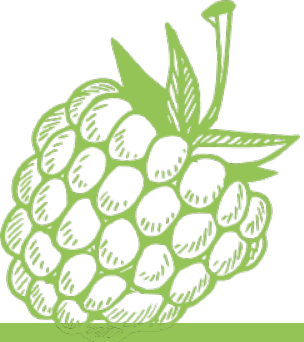


# LUNCH

1 dishes highlighted in green have one or more of the key features to make it a Future Proof Food dish.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Soup of the Day Served with Fresh Bread	Soup of the Day Served with Fresh Bread	Soup of the Day Served with Fresh Bread	Soup of the Day Served with Fresh Bread	Soup of the Day Served with Fresh Bread
<b>MAIN COURSE ONE</b>	Classic Macaroni Cheese with Fresh Basil Pesto	Lemon & Thyme Roasted Chicken	Cumberland Sausages Served with Onion Gravy	Chicken & Mixed Pepper Paella 	Fish Fingers with Lemon Wedges & Homemade Tartar Sauce
<b>MAIN COURSE TWO</b>	Fried Gnocchi with a Tomato & Basil Sauce	Quinoa & Broccoli Tart 	Glamorgan Style Sausages	Chickpea & Diced Quorn Paella 	Ratatouille & Halloumi Baked 
<b>ON THE SIDE</b>	Garlic Bread, Roasted Medley of Vegetables & Carrots	Roasted Rosemary Potatoes, Broccoli, Suede & Savoy Cabbage	Mash Potato, Curly Kale & Sweetcorn	Green Beans & Cauliflower	Chunky Chips, Garden Peas & Sweetcorn
<b>PASTA &amp; JACKET BAR</b>	Jacket Potatoes, Baked Beans & Grated Cheese	Wholemeal Penne Pasta with Fresh Tomato & Basil Sauce	Wholemeal Penne Pasta with Fresh Tomato & Basil Sauce	Wholemeal Penne Pasta with Fresh Tomato & Basil Sauce	Wholemeal Penne Pasta with Fresh Tomato & Basil Sauce
		Jacket Potatoes, Baked Beans & Grated Cheese	Jacket Potatoes, Baked Beans & Grated Cheese	Jacket Potatoes, Baked Beans & Grated Cheese	Jacket Potatoes, Baked Beans & Grated Cheese
<b>HOT DESSERT</b>	Steamed Sponge with Syrup Topping	Rice Pudding with Berry Compote	Vanilla Sponge with Butter Icing Topping	Apple Crumble with Fresh Cream	Crispy Chocolate Bar
<b>COLD DESSERT</b>					



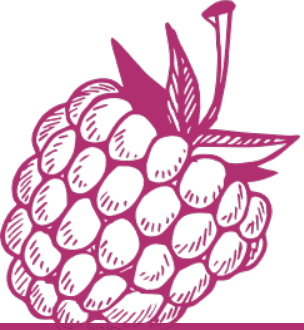


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<b>SOUP</b>	Soup of the Day Served with Fresh Bread	Soup of the Day Served with Fresh Bread	Soup of the Day Served with Fresh Bread	Soup of the Day Served with Fresh Bread	Soup of the Day Served with Fresh Bread
<b>MAIN COURSE ONE</b>	<b>Pasta &amp; Jacket Potato Bar</b> Selection of the following Toppings:  Chickpea & Sweet Potato Stew, 3 Cheese Sauce, Tomato & Fresh Basil or Mushroom Sauce 🌍	Stir Fry Chicken with Noodles	Slow Roasted Pork with Yorkshire Pudding	Beef Lasagne 🌍	Fish Fingers with Lemon Wedges & Homemade Tartar Sauce
<b>MAIN COURSE TWO</b>		Singapore Style Tofu Stir-Fry with Noodles 🌍	Mushroom & Spinach Pie	Aubergine Parmigiana	Sweet Potato & Chickpea Burrito 🌍
<b>ON THE SIDE</b>	Carrots & Peas	Cauliflower & Broccoli	Roast Potatoes, Roast Parsnips & Green Beans	Garlic Bread Carrots & Steamed Broccoli	Lightly Salted Fries, Steamed Peas & Sweetcorn
<b>PASTA &amp; JACKETS</b>	<b>Pasta &amp; Jacket Potato Bar</b>	Jacket Potato, Baked Beans & Grated Cheese	Wholemeal Penne Pasta with a Fresh Tomato & Basil Sauce  Jacket Potato, Baked Beans & Grated Cheese	Jacket Potato, Baked Beans & Grated Cheese	Jacket Potato, Baked Beans & Grated Cheese
<b>HOT DESSERT</b>	Apple Pie with Fresh with Custard	Lemon Drizzle Cake	Banana Cake Upside Down	Bread & Butter Pudding	Chocolate Cake
<b>COLD DESSERT</b>	<b>Every day will be...</b> Jelly, Fruit, Yoghurt & Fresh Dessert Pots				



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<b>SOUP</b>	Soup of the Day Served with Fresh Bread	Soup of the Day Served with Fresh Bread	Soup of the Day Served with Fresh Bread	Soup of the Day Served with Fresh Bread	Soup of the Day Served with Fresh Bread
<b>MAIN COURSE ONE</b>	Beef Cottage Pie 	Chicken Tagine 	Creamy Vegetable Pie	Breaded Katsu Chicken Curry	Breakfast Brunch
<b>MAIN COURSE TWO</b>	Vegetables & Lentil Shepherd's Pie 	Chickpea & Spinach Curry 	Red Onion & Pepper Frittata	Breaded Poached Egg with Katsu Sauce	Homemade Bubble & Squeak Rosti
<b>ON THE SIDE</b>	Mixed Roasted Vegetables & Peas	Fruity Rice, Broccoli & Carrots	Roasted Potatoes, Steamed Cauliflower, Garden Peas & Gravy	Steamed Rice, Carrots & Green Beans	Chunky Chips, Sauté Mushrooms & Roasted Tomatoes
<b>PASTA &amp; JACKETS</b>	Wholemeal Penne Pasta with Tomato & Lentil Sauce Jacket Potatoes, Baked Beans & Grated Cheese	Jacket Potatoes, Baked Beans & Grated Cheese	Wholemeal Penne Pasta with Fresh Tomato & Basil Sauce Jacket Potatoes, Baked Beans & Grated Cheese	Roasted Sweet Potato, Jacket Potato, Baked Beans & Grated Cheese	Jacket Potato, Baked Beans, Tuna & Grated Cheese
<b>HOT DESSERT</b>	Carrot Cake	Fruity Flapjack	Marble Cake With Chocolate Sauce	Pear & Chocolate Crumble with Fresh Cream	Chocolate Brownie
<b>COLD DESSERT</b>	<b>Every day will be...</b> Jelly, Fruit, Yoghurt & Fresh Dessert Pots				