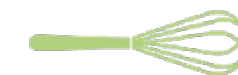


Lunch Week 1



Monday

3 bean & Quorn chilli

Chickpea, sweet potato, coconut & banana korma

Brown rice
Spinach dali
Cauliflower

Apple & apricot crumble
with custard

Fresh fruit
Fresh yoghurts

Tuesday

Cottage pie with
sweet potato mash

Winter root
vegetable stew

New potatoes
Carrots
Sweetcorn

Rice crispy cake

Fresh fruit
Fresh yoghurts

Wednesday

Lamb stew

Roasted butternut
squash & chickpea
stew

Mash
Cabbage
Cauliflower

Rice pudding

Fresh fruit
Fresh yoghurts

Thursday

Pork vegetable
stir fry

Mushroom & Tofu stir
fry

Egg Noodles
Mangetout
Baby corn

Blueberry & oat
muffins

Fresh fruit
Fresh yoghurts

Friday

Beef burger
with floured
wholemeal
roll

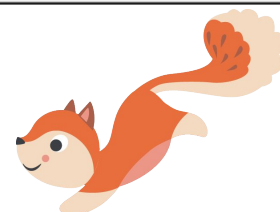
Bean burger in a
floured wholemeal
roll

Chips
Baked beans

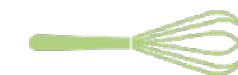
Rhubarb cake

Fresh fruit
Fresh yoghurts

A selection of salads, jacket potatoes
and pasta will be available each day.



Lunch Week 2



Monday

Seasonal root vegetable & chickpea pie



Quorn sausage
Onion gravy



Steamed new potatoes
Roasted brussels
Carrots

Berry jelly pots

Fresh fruit
Fresh yoghurts



Tuesday

Pork stroganoff



Mushroom stroganoff



Egg noodles
Sweet corn
Savoy cabbage



Cookies



Fresh fruit
Fresh yoghurts



World food Wednesday

Fresh fruit
Fresh yoghurts



Thursday

Thai chicken, carrot & coconut curry

Thai green vegetable curry

Basmati rice
Bok choy
Mangetout

Zesty lime cake



Fresh fruit
Fresh yoghurts



Friday

Plaice goujons with
lemon wedge



Vegetarian nuggets



Potato wedges
Peas

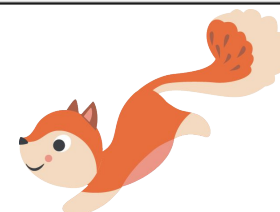
Banana and ginger
cake



Fresh fruit
Fresh yoghurts



A selection of salads, jacket potatoes and pasta will be available each day.



Lunch Week 3



Monday

Root vegetable toad
in the hole



Quorn & white bean
stew



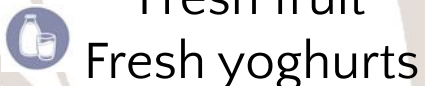
served with herb
dumplings

Boulangere potatoes
Carrot & swede
mash
Peas

Banoffee crumble



Fresh fruit



Fresh yoghurts

Tuesday

Shepherds pie



Vegetable
'shepherdess' pie



Roasted new
potatoes
Sweetcorn
Creamed leeks

Jelly Pots

Fresh fruit



Fresh yoghurts

Wednesday

Turkey curry



Chickpea & spinach
curry

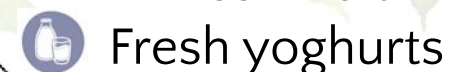


Infused rice
Onion bhaji
Broccoli

Pear & ginger cake



Fresh fruit



Fresh yoghurts

Thursday

Ham & mushroom
carbonara



Tagliatelle with
pumpkin & sage



Fresh made focaccia
Garlic bread



Roasted parsnips
Runner beans

Berry lemon fool



Fresh fruit



Fresh yoghurts

Friday

Ham and
sweetcorn pizza



Margarita pizza



Chips
Baked beans

Chocolate chip cake

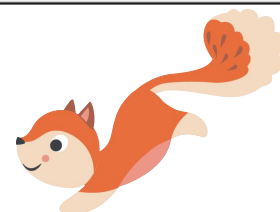


Fresh fruit



Fresh yoghurts

A selection of salads, jacket potatoes
and pasta will be available each day.



Lunch Week 4



Monday

Quorn balls in a rich
cranberry cream
gravy



Sweetcorn & leek
crumble



Mashed potatoes
Broccoli
Carrots



Chocolate cake
chocolate sauce



Fresh fruit



Fresh yoghurts

Tuesday

Beef, vegetable & prune
tagine

Aubergine, courgette,
prune & chickpea tagine

Bulgar wheat

Roasted parsnips
Sweetcorn

Waffles with maple
roasted pineapple



Fresh fruit



Fresh yoghurts

Wednesday

Past and present
A great British journey

Fresh fruit



Fresh yoghurts

Thursday

Bacon mac and
cheese



Three cheese
cauliflower bake



Potato wedges
Mini corn on cob
Fruit coleslaw



Cinnamon poached
pears

Fresh fruit



Fresh yoghurts

Friday

Cod goujons
with lemon wedge



Cheese and onion
Pastry roll



Potato rosti
Baked beans

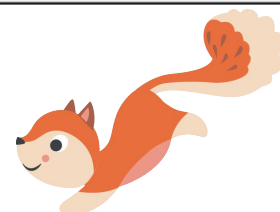
Rhubarb oat crumble
with cream



Fresh fruit



Fresh yoghurts



A selection of salads, jacket potatoes
and pasta will be available each day.

