

# LUNCH

Spring week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Chefs soup of the day served with freshly baked bread, butter, dairy free spread & toppings				
<b>Main Course 1</b>	Crispy bacon macaroni cheese	Traditional beef chilli con carne	Katsu chicken curry	Roast gammon	Home battered fish
<b>Main Course 2</b>	Vegetable & lentil moussaka	3 bean & vegetable chilli con carne	Katsu tofu	Pearl barley & beetroot sausage roll	Croque madame
<b>On the Side</b>	Garlic bread Broccoli florets, tender stem broccoli, red onion & courgette  Cheesy nachos Steamed rice Guacamole Tomato salsa Sour cream & chives Sweetcorn & roasted Red peppers				
<b>Alternative Option</b>	Jacket potato Baked beans Grated cheddar cheese Tuna mayonnaise	Wholemeal penne pasta Arriabiata sauce	Jacket potato Baked beans Grated cheddar cheese Tuna mayonnaise	Spaghetti Chunky ratatouille	Buffalo cauliflower wings
<b>Salad Bar</b>	BBQ pork meatballs  Tomato, red onion & mature cheddar quiche	Ham hock & herb potato salad  Rainbow orzo salad with feta	Piri piri chicken wings  Pear, stilton & toasted seed salad	Smoked mackerel croutes  Korean tofu noodle salad	Chefs choice
Served daily a selection of simple salads, dressings & toppings					
<b>Something Sweet</b>	Apple & cherry crumble with vanilla custard	Chocolate & orange marble cake	Strawberry mousse cake	Chocolate tart	Oat & raisin cookie
	Daily selection of Whole fruit, cut fruit pots, jelly and yoghurt pots				

# LUNCH

Spring week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Chefs soup of the day served with freshly baked bread, butter, dairy free spread & toppings				
<b>Main Course 1</b>	Hoisin beef & Pak choi noodle stir fry	Chicken & lentil tikka masala	BBQ pulled pork & mixed bean burrito	Whole roast chicken	Jumbo pork sausage
<b>Main Course 2</b>	Mushrooms in black bean sauce Vegetable fried rice	Paneer cheese & chickpea madras	Turtle bean & vegetable Enchilada topped with tomato sauce	Homemade butternut & squash & rosemary pastie	Sweet potato & chickpea falafel pitta bread with red pepper houmous
<b>On the Side</b>	Prawn crackers Oriental greens Hot & Sour Sauce	Pilau rice Naan bread Roasted carrots, cauliflower & chickpeas	Roasted potato wedges Green beans, sweetcorn & broccoli	Glazed carrots, garden peas & cauliflower Yorkshire pudding Gravy	Chunky chips Baked beans Corn on cob
<b>Alternative Option</b>	Jacket potato Baked beans Grated cheddar cheese Tuna mayonnaise	Macaroni cheese	Jacket potato Baked beans Grated cheddar cheese Tuna mayonnaise	Penne pasta Chunky vegetable & tomato sauce	Smoked haddock chowder with homemade bread
<b>Salad Bar</b>	Sliced honey roast ham  Greek salad	Cucumber & smoked salmon panzanella salad  Roasted vegetables, bulgar wheat & feta	Coronation chicken  Free range boiled eggs	Bacon & brie quiche  Tomato & mozzarella salad with rocket pesto	Chefs choice
Served daily a selection of simple salads, dressings & toppings					
<b>Something Sweet</b>	Pineapple upside down cake & custard	Red velvet cupcake	Lemon polenta cake	Jaffa Cake Slice	Raspberry & white chocolate cheesecake
	Daily selection of Whole fruit, cut fruit pots, jelly and yoghurt pots				

# LUNCH

Spring week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Chefs soup of the day served with freshly baked bread, butter, dairy free spread & toppings				
<b>Main Course 1</b>	Beef & vegetable lasagne	Lemon, thyme & honey chicken thigh	Lamb biriyani	Roast pork	Southern fried chicken
<b>Main Course 2</b>	Mediterranean roasted vegetable gnocchi With tomato & basil sauce	Vegan goats cheese & spinach stuffed mushroom	Vegetable samosa	Butternut squash, toasted seeds & kale turnover	Southern spiced quorn fillet with sweetcorn salsa
<b>On the Side</b>	Homemade Garlic bread Sweetcorn & broccoli florets	Potato gratin Or roasted new potatoes Steamed Greens with roasted red onions Tomato Sauce	Vegetable curry Coriander rice Roasted broccoli, cauliflower & spinach Homemade spiced Indian bread Mango chutney	Roast potatoes Carrots, peas & green beans Yorkshire pudding Gravy	French fries Corn on cob Baked beans
<b>Alternative Option</b>	Jacket potato Baked beans Grated cheddar cheese Tuna mayonnaise	Rigatoni Pasta Nut free romesco sauce	Jacket potato Baked beans Grated cheddar cheese Tuna mayonnaise	Whole meal penne pasta Tomato & basil sauce	Homemade fish cakes with lemon & caper mayonnaise
<b>Salad Bar</b>	Bacon & leek tart Trio of bean salad with Asian dressing	Chicken, avocado & chickpea salad Greek salad	Sausage & three onion salad Courgetti with feta and mint	Chicken & sweetcorn pasta salad Vegetable frittata	Chefs choice
	Served daily a selection of simple salads, dressings & toppings				
<b>Something Sweet</b>	Apple betty & custard	Lemon & Blueberry Muffin	Double chocolate brownie	Jam filled biscuit	Chocolate sponge with chocolate sauce
	Daily selection of Whole fruit, cut fruit pots, jelly and yoghurt pots				