

LUNCH

Summer week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Chefs soup of the day served with freshly baked bread, butter, dairy free spread & toppings				
Main Course 1	Pork meatballs With tomato & basil sauce	Chilli beef & bean taco	Chicken & vegetable Massaman curry	Roast chicken	Freshly battered pollock
Main Course 2	Spinach, butternut & cream cheese cannelloni	Vegetable empanada	Tofu & vegetable nut free Penang curry	Roasted root vegetable & pearl barley hotpot	Quinoa & roasted vegetable taco with smashed avocado & mango salsa
On the Side	Wholemeal pasta Broccoli florets, tender stem broccoli, roasted red onions & peppers Homemade garlic focaccia	Steamed wholemeal rice Corn on cob Tomato salsa guacamole Sour cream & chives	Sticky rice Fresh green beans & broccoli Prawn crackers	Skin on roast potatoes Glazed carrots, mange tout, sugar snaps & cauliflower Yorkshire pudding Gravy	Skinny fries Baked beans Garden peas Lemon wedge Tartare sauce
Alternative Option	Jacket potato Baked beans Grated cheddar cheese Tuna mayonnaise	3 Veg mac 'n' cheese Topped with crispy onions	Jacket potato Baked beans Grated cheddar cheese Tuna mayonnaise	Rigatoni pasta with chunky tomato sauce	3 cheese & bacon loaded potato skins
Salad Bar	Pesto chicken & chickpea salad	Korean BBQ pork meatballs	Cucumber & tomato tahini salad with crispy tortilla	Smoked tofu salad	Chef's choice
	Vegetable frittata	Greek salad with feta	Prawn cocktail	Tuna nicoise salad	
	Served daily a selection of simple salads, dressings & toppings				
Something Sweet	Sponge pudding & custard	Dark chocolate & raspberry mousse	Cinnamon muffin	Hob nob biscuit	Wholemeal apple crumble slice & ice cream
	Daily selection of Whole fruit, cut fruit pots, jelly and yoghurt pots				

LUNCH

Summer week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Chefs soup of the day served with freshly baked bread, butter, dairy free spread & toppings				
Main Course 1	Chicken & mixed bean fajita	Beef & chickpea bhuna	Future proof beef bolognese	Roast pork	Smoked hot dog
Main Course 2	Turtle bean & vegetable burrito	Butternut, spinach & coconut Curry	Plant based bolognese	Peppered carrot & swede Cornish pasty	Vegan chilli dog
On the Side	Roasted potato wedges Fresh green beans, broccoli & mange tout & sugar snaps	Steamed Rice Roasted carrots & cauliflower Topped with pomegranate Homemade Indian inspired naan bread	Spaghetti Homemade garlic bread Broccoli florets & sweetcorn	Skin on roast potatoes Garden peas, cauliflower florets & fresh green beans Yorkshire pudding Gravy	French fries Baked beans Corn on cob Jalapenos Crispy onions American mustard
Alternative Option	Jacket potato Baked beans Grated cheddar cheese Tuna mayonnaise	Penne pasta Tomato & basil sauce	Jacket potato Baked beans Grated cheddar cheese Tuna mayonnaise	Whole wheat pasta Tomato & red pepper sauce	Fish & mediterranean vegetable kebab with flatbread Tzatziki Tomato, onion & cucumber Salad
Salad Bar	Brie & broccoli quiche Chicken souvlaki salad	Thai tempeh salad Chicken & salad wraps	Mediterranean Freekeh with vegan goat's cheese Orzo, feta & prawn salad	Chicken pesto & chickpea salad Trio of beetroot, apple & goats' cheese	Chefs choice
	Served daily a selection of simple salads, dressings & toppings				
Something Sweet	Jamaican ginger sponge with fresh cream	Strawberry milkshake cupcake	Chocolate beetroot cake	Lemon curd tart	Churros & hot chocolate sauce
	Daily selection of Whole fruit, cut fruit pots, jelly and yoghurt pots				

LUNCH

Summer week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Chefs soup of the day served with freshly baked bread, butter, dairy free spread & toppings				
Main Course 1	Slow braised beef & vegetable ragu	Poke bowl Sticky chicken Or soy & ginger tofu Jasmin rice Sesame carrot & cucumber Pickled red cabbage Fresh broccoli florets, edamame beans & red onion	Chinese pork noodles	Roast gammon	Maple & sweet chilli chicken skewer
Main Course 2	4 Cheese tortellini with cherry tomatoes & basil		Vegetable gyoza with vegetable chow main	Savory pancakes filled with butternut & rosemary	Vegetable Tempura
On the Side	Rigatoni Pasta Homemade Garlic Focaccia Roasted sweetcorn, red peppers & fresh green beans Marinated olives		Miso glazed broccoli, tender stem broccoli, mange tout & fresh green beans Prawn crackers	Skin on roast potatoes Carrots, garden peas & cauliflower florets Yorkshire pudding Gravy	Chips Flat bread Tzatziki Tomato, onion & cucumber Salad Baked beans
Alternative Option	Jacket potato Baked beans Grated cheddar cheese Tuna mayonnaise	Whole meal penne pasta Tomato & basil sauce	Jacket potato Baked beans Grated cheddar cheese Tuna mayonnaise	Spaghetti with ratatouille	Homemade fish finger Sandwich with tartar sauce
Salad Bar	Traditional Ploughman's selection Sliced ham Hard boiled free eggs Selection of British cheeses Grapes & celery	Panzanella salad Spicy chicken wings	Cajun sweet potato & mixed bean salads Chicken Caesar salad	Kale & red onion salad with toasted seeds Asian pork salad	Chef's choice
	Served daily a selection of simple salads, dressings & toppings				
Something Sweet	Half sugar St Clements drizzle cake & custard	Jam & coconut sponge	Chocolate & cherry tiffin	Eaton Mess Pot	Banana & choc chip sponge
	Daily selection of Whole fruit, cut fruit pots, jelly and yoghurt pots				