

LUNCH

Autumn 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 Sausage	Oven baked chicken thighs With piri piri sauce	Beef & vegetable bolognaise	Roast pork	Breaded chicken, sweet chilli sauce & salad wrap
Main Course 2	Homemade mushroom & lentil vegan pie	Lemon & herb harissa Halloumi flatbread	Mixed vegetable & Chickpea cous cous Stuffed peppers	Bubble & squeak cake With balsamic roasted vine tomatoes	Plant based vegan burger, avocado, tomato, lettuce & tomato chutney
On the Side	Creamed potato Graden peas, sliced Carrots & cauliflower Gravy	‘Dirty’ rice Corn on the cob Roasted broccoli & Green beans	Rigatoni pasta Whole meal sea salt & Rosemary focaccia Broccoli florets & Sweetcorn	Roast potatoes Cauliflower & green beans Braised red cabbage Yorkshire pudding Gravy	Cod fajita, soft taco Shell with guacamole, Tomato salsa & grated mature cheddar
Alternative Option	Baked potato Grated cheddar Baked beans Tuna mayonnaise	Wholemeal spaghetti Chunky tomato & Vegetable sauce	Baked potato Grated cheddar Baked beans Tuna mayonnaise	Penne pasta Tomato sauce	Chunky chips Baked beans Sweetcorn & garden peas
Salad Bar	Cottage cheese power Bowl with farro & Roasted sweet potato with lemon tahini Dressing Sliced gammon	Free range hard boiled eggs Sausage & mustard pasta salad	Rainbow salad with Green goddess dip Smoked salmon Caesar Salad	Honey roasted carrots with toasted seeds Tuna nicoise salad	Chef's choice
	Served daily a selection of simple salads, dressings & toppings				
Something Sweet	Lemon & raspberry Cheesecake	Iced blueberry sponge	Chocolate & banana Muffin	Victoria sponge	Chocolate chip sponge with chocolate custard
	Daily selection of Whole fruit, cut fruit pots, jelly and yoghurt pots				

LUNCH

Autumn 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	Tandoori chicken	Cottage pie Topped with cheesy mash Potato	Pulled pork bao bun Topped with Asian slaw	Roast turkey	Home battered cod
Main Course 2	Vegetable biriyani with Roasted chickpeas	Vegan sausage & bean Cassoulet	Kung po tofu	Cream cheese & spinach Stuffed portobello Mushroom	Breaded brie with Cranberry sauce
On the Side	Pilau rice Vegetable curry sauce Naan bread Roasted broccoli & Cauliflower	Mashed potato Sliced carrots, cabbage & green beans	Sticky rice Roast garlic & soy Oriental greens	Roast potatoes Baton carrots, Cauliflower, Garden peas Yorkshire pudding Gravy	Vegan cauliflower, Mushroom & haricot Bean homity pie
Alternative Option	Baked potato Grated cheddar Baked beans Tuna mayonnaise	Whole meal pasta Chunky vegetable & Tomato sauce	Baked potato Grated cheddar Baked beans Tuna mayonnaise	Penne pasta Arriabiata sauce	Skinny fries Baked beans Garden peas Lemon wedge Tartare sauce
Salad Bar	Greek salad Pork sausage rolls	Indian vegetable Selection with riata & Mango chutney Mackerel pate crostini	Poke bowls With BBQ bulgogi Beef Or Tamango (Japanese omelette)	Mature cheddar & red Onion quiche Oriental pork noodle Salad	Chef's choice
	Served daily a selection of simple salads, dressings & toppings				
Something Sweet	Plant based peach Crumble with vegan Cream custard	Chocolate rice crispy	'Boost it' shortbread	Chocolate cupcakes	Rice pudding with berry Compote
	Daily selection of Whole fruit, cut fruit pots, jelly and yoghurt pots				

LUNCH

Autumn 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	Pulled chicken chilli con carne	Sweet & sour pork	Beef meatballs	Roast gammon	Hunters chicken burger
Main Course 2	Mexican quorn & mixed bean quesadilla	Vegetable spring roll With sweet chilli sauce	Squash, kale & butterbean lasagna	Roasted cauliflower Steak drizzled with vegan pesto	Sweetcorn & courgette fritters with vegan aioli
On the Side	Black eye bean rice Nachos Sour cream Guacamole Sweetcorn, roasted peppers & broccoli	Vegetable chow main Prawn crackers Chinese greens	Tomato & basil sauce Whole wheat pasta Garlic & herb bread Carrots & broccoli florets	Roast potatoes Cauliflower cheese Broccoli & green beans Yorkshire pudding Gravy	Smoked salmon, leek & dill quiche
Alternative Option	Baked potato Grated cheddar Baked beans Tuna mayonnaise	Maccaroni cheese	Baked potato Grated cheddar Baked beans Tuna mayonnaise	Whole wheat pasta Tomato & basil sauce	Skinny fries Corn on the cob Baked beans
Salad Bar	Mezze board Marinated olives Chickpea falafels Red pepper houmous Pitta bread & crudities	Pumpkin dahl salad with toasted seeds Cheesy slaw	Edamame pesto pasta salad Coronation turkey	Spicy tempeh salad BBQ pork meatballs	Chef's choice
	Served daily a selection of simple salads, dressings & toppings				
Something Sweet	Sticky toffee pudding With toffee custard	Lemon & thyme drizzle cake	Wagon wheel tray bake	'Boost it' Cookies	Treacle sponge with custard
	Daily selection of Whole fruit, cut fruit pots, jelly and yoghurt pots				