



Lunch Menu April - October 2021

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Hot Spicy Szechuan Beef Noodles	Chicken & Sweetcorn Pasta Bake with Garlic Bread (WG)	Roast of the Day with Rosemary Roast Potatoes & Gravy	Yorkshire Pudding Cottage Pie with Red Onion Gravy	Breaded Fish Fillet with Chips, Lemon & Tartare Sauce
Vegetarian	Vegetarian Sausages with Mashed Potato & Onion Gravy (Ve)	Mediterranean Puff Pastry Tart (V)	Spinach, Feta & Tomato Quiche with Rosemary Roast Potatoes (V)	Lentil, Tomato & Sweet Potato Balti with Rice (Ve) (WG)	Vegetable Spring Rolls with Singapore Noodles (V)
Vegetable	Sweetcorn & Peppers Shredded Cabbage	Green Beans Mixed Salad	Roasted Seasonal Root Vegetables New	Super Greens Carrots	Baked Beans Garden Peas
Dessert	Belgian Waffle with Chocolate Sauce (V)	Pear & Sultana Sponge with Custard (V)	Fresh Fruit Salad with Crème Fraiche (V)	Chocolate Brownie with Ice Cream (V)	Orange & Lemon Shortcake (Ve)
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Spicy Pesto Meatballs with Penne Pasta (WG)	Slow Cooked Beef Masala Curry with Yellow Rice (WG)	Roast of the Day with Roast Potatoes & Gravy	Beef Burger in a Bun with Potato Wedges & Tomato Ketchup	Battered Cod Fillet with Chips, Lemon & Tartare Sauce
Vegetarian	Chickpea & Pineapple Raita Wrap (V)	Margherita Mac & Cheese (V) with a Hunk of Homemade Bread (WG)	Mixed Bean Ratatouille with Roast Potatoes (Ve)	Sweet Chilli Quorn Noodles (V)	Vietnamese Vegetable Banh Mi Baguette with Chips (Ve) (WG)
Vegetable	Mixed Salad Broccoli	Roasted Courgettes Spiced Cauliflower (check costing)	Medley of Vegetables Mixed Salad	Sweetcorn & Peppers BBQ Beans	Baked Beans Garden Peas
Dessert	Marbled Sponge with Custard (V)	Apple Flapjack (Ve)	Fruit Cocktail & Vanilla Ice Cream (V)	Jamaican Style Ginger Cake with Custard (V)	Cheese & Biscuits (V)
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Jerk Chicken Boneless Thigh with Spicy Rice (WG)	British Beef Lasagne with Garlic Bread	Roast of the Day with Roast Potatoes & Gravy	Sweet & Sour Turkey with Egg Fried Rice (WG)	Bubble Crumb Fish with Chips, Lemon & Tartare Sauce
Vegetarian	Chilli Non Carne with Spicy Rice (Ve) (WG)	Falafel, Beetroot & Minted Yoghurt Wrap with Herbed Potatoes (V)	Vegetable Keema Curry with Rice (Ve) (WG)	Tomato & Torn Basil Penne Pasta Bake with Fresh Bread (Ve) (WG)	Veggie Cheeseburger with Chips (V)
Vegetable	Peas & Sweetcorn Cauliflower	Italian Salad Green Beans	Super Greens	Sweetcorn & Peppers Broccoli	Baked Beans Garden Peas
Dessert	Toffee Apple Crumble (WG) (Ve) with Custard (V)	Lemon Drizzle Cake (V)	Cheese & Biscuits (V)	Sticky Toffee Pudding with Butterscotch Sauce (V)	Carrot Cake (V)