




LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CRUDITES & SALAD	Cucumber & Carrots	 Taste Tourists Continent – Africa Country – Nigeria	Cucumber & carrots	Broccoli & pepper	Cucumber & carrots
MAIN MEAL	Baked Gnocchi with a roasted tomato, red lentil & pesto sauce Or	Chicken Stew Chicken thighs cooked in a rich tomato and pepper gravy	Mexican spiced beef Chilli con carne	Lemon & Thyme marinated roasted Chicken thigh	Sustainable MSC cod Fish fingers
MEAT FREE	Jacket Potato with a choice of tuna & sweetcorn, baked beans & mature British cheddar cheese	West African-style Sweet Potato Casserole	Spiced Sweet potato & 5 Bean Chilli	Vegetable Wellington	Moving Mountains Fishless fingers
ON THE SIDE	Garlic Bread Steamed garden peas & sweetcorn	Nigerian Jollof Rice Roasted Carrots	Whole grain rice Cauliflower & green beans Tortilla Chips Chunky tomato salsa, homemade guacamole & sour cream	Crispy Roast Potatoes Yorkshire pudding Sage & onion stuffing Braised Kale & Carrots	Chunky Chips Mushy Peas or Baked beans
DESSERT	Mini glazed Doughnuts	Puff Puff (African style doughnut)	Vanilla Cookies	Rice Krispy treat	Selection of Ice-creams
EVERY DAY	Sweet or Maris Piper Baked Potato with baked beans & cheese, 50/50 pasta with rich Italian Tomato & Herb sauce Fresh cut sliced fruit, whole fruit, yoghurt and Jelly				

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CRUDITES & SALAD	Cucumber & Carrots	 Taste Tourists Continent – Africa Country – Morocco	Cucumber & carrots	Broccoli & pepper	Cucumber & carrots
MAIN MEAL	Classic Macaroni & Cheese topped with a Mature British cheddar crust or Jacket Potato with a choice of creamy cheese sauce or baked beans	Beef Tagine With Apricots, orange, rosemary & cumin	Pizza Day Your Choice of American Style Pepperoni	Traditional British Pork Sausages	Sustainable MSC Cod Fish Fingers
MEAT FREE		Shakshouka Thick tomato stew with lentils & egg	Sweet & Smokey pulled BBQ chicken Classic Margarita with Italian Basil, tomato & Mozzarella	Quorn Best of British sausages	Moving Mountains Fishless Fingers
ON THE SIDE	Steamed Green beans & baked butternut squash	Cous cous Matbutcha (tomato & pepper dip with flatbreads)	Braised Kale & sweetcorn	Creamy Mashed potato Sticky baked carrots & garden peas Rich gravy	Chunky chips Mush Peas or Baked beans
DESSERT	Chocolate muffin	Moroccan Bread & Butter Pudding with coconut & cinnamon	Classic Italian Tiramisu	Banana & Maple Cake	Selection of Ice-creams
EVERY DAY	Sweet or Maris Piper Baked Potato with baked beans & cheese, 50/50 pasta with rich Italian Tomato & Herb sauce Fresh cut sliced fruit, whole fruit, yoghurt and Jelly				

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CRUDITES & SALAD	Cucumber & Carrots	Cherry tomato & Baby corn	Cucumber & carrots	 Taste Tourists Continent – Africa Country – South Africa	Cucumber & carrots
MAIN MEAL	“Chicken Style” Vegetarian Burger Or Al dente whole wheat Penne Pasta with a rich Italian roasted tomato & Basil sauce	Mildly Spiced Chicken & vegetable Tikka Masala	Pasta Day Your choice of 50/50 Penne pasta with	Beef Boerewors rolls	Sustainable MSC Cod Fish Fingers
MEAT FREE		Chickpea & Roasted butternut curry	Mini Pork meatballs Creamy chicken Moving Mountains no meatballs	Sugar beans bunny chow (Hollowed out bread loaf filled with curried red speckled beans)	Moving Mountains Fishless Fingers
ON THE SIDE	Baked Sweet potato wedges Steamed Green beans & sweetcorn	Basmati Rice Naan Bread Tandoori roasted Cauliflower & broccoli	Herb glazed courgettes & carrots	South African Potato Bake (layered potatoes cooked in a brown onion gravy) Chakalaka (Curried beans with cabbage & tomato)	Chunky Chips Mushy Peas or Baked beans
DESSERT	Pancake with Syrup	Fruit & seed flapjack	Yoghurt Bar with your choice of toppings	Traditional South African Malva Pudding	Selection of ice-creams
EVERY DAY	Sweet or Maris Piper Baked Potato with baked beans & cheese, 50/50 pasta with rich Italian Tomato & Herb sauce Fresh cut sliced fruit, whole fruit, yoghurt and Jelly				