


LUNCH



Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CRUDITES, SALADS & SMOOTHIES	Cucumber, Carrots & sweetcorn	Shredded lettuce, cucumber & tomato	Smoothie Bar	Cucumber, Broccoli & peppers	Cucumber, carrots, cherry tomatoes & Red pepper Hummus
MAIN MEAL	Baked Gnocchi with a roasted tomato, red lentil & pesto sauce Or	TACO TUESDAY Mexican spiced beef Chilli con carne	Meatballs marinated in a rich Italian tomato & Basil sauce with added plant proteins	Lemon & Thyme marinated roasted Chicken thigh	Birdseye Omega 3 Pollock fishfingers
MEAT FREE	Jacket Potato with a choice of tuna & sweetcorn, baked beans & mature British cheddar cheese	Spiced Sweet potato & 5 Bean Chilli	Moving Mountain Vegan Meatballs in a rich Italian Tomato & Basil sauce	Vegetable Wellington	Moving Mountains Fishless fingers
ON THE SIDE	Garlic Bread Steamed garden peas & Carrots	Whole grain rice Sweetcorn & Cauliflower Taco Shells Chunky tomato salsa, homemade guacamole & sour cream	Spaghetti Steamed green beans & Broccoli	Crispy Roast Potatoes Yorkshire pudding Braised Kale & Carrots	Chunky Chips Mushy Peas or Baked beans
JACKET/PASTA BAR	Pasta with a choice of tomato sauce & mozzarella cheese	Jacket Potato with a choice of baked beans, chilli con carne & cheese	Pasta with a tomato sauce & mozzarella cheese	Pasta with a choice of rich tomato, vegetable & basil sauce & mozzarella cheese	Jacket Potato with baked beans & cheese
DESSERT	Waffle with syrup	Vanilla Cookies	Chocolate Sponge with hot chocolate sauce	Rice Krispy treat	Selection of Ice-creams
EVERY DAY	SELECTION OF FRESHLY CUT & WHOLE FRUITS, JELLY & YOGHURT				

LUNCH

Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CRUDITES, SALADS & SMOOTHIES	Cucumber & Carrots	Sweetcorn, cherry tomatoes & cucumber	Sweet chilli noodles, cherry tomatoes, cumber & carrots	Smoothie Bar	Cucumber & carrots
MAIN MEAL	Classic Macaroni & Cheese topped with a Mature British cheddar crust or	 Taste Tourists Continent – North America Country – Mexico Chicken Fajitas	Pizza Day Your Choice of American Style Pepperoni Sweet & Smokey pulled BBQ chicken	Traditional British Pork Sausages	Birdseye Omega 3 Pollock fishfingers Or BBQ Chicken Drumsticks
MEAT FREE	Jacket Potato with a choice of Tuna & sweetcorn or baked beans	Fry's chicken style strip Fajitas	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	Rainbow peppers & carrots Sour cream, guacamole & salsa	Skinny fries Braised Kale & sweetcorn	Creamy Mashed potato Sticky baked carrots & garden peas Rich gravy	Chunky chips Mush Peas or Baked beans
JACKET/PASTA BAR	Jacket Potato with a choice of baked beans & cheese	Pasta with a choice of rich tomato, vegetable & basil sauce & mozzarella cheese	Jacket Potato or Pasta	Pasta with a choice of rich tomato, vegetable & basil sauce & mozzarella cheese	Jacket Potato with baked beans & cheese
DESSERT	Jam Doughnuts	Blackberry & mint brownie	Classic Italian Tiramisu	Malva Pudding with Custard	Selection of Ice-creams
EVERY DAY	SELECTION OF FRESHLY CUT & WHOLE FRUITS, JELLY & YOGHURT				

LUNCH

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CRUDITES, SALADS & SMOOTHIES	Smoothie Bar	Cherry tomato & sweetcorn	Lettuce, cucumber, cherry tomatoes & carrot sticks	Honey & mustard broccoli Salad, cucumber & carrots	Cucumber & carrots
MAIN MEAL	Brunch Lunch Scrambled Eggs Pork Chipolata's Grilled Bacon	Mildly Spiced Chicken & vegetable Tikka Masala	Pasta Day Traditional Beef Lasagne	 Taste Tourists Continent – North America Country – Cuba Ropa Vieja (Cuban Beef) With black beans	 Taste Tourists Continent – North America Country – USA American Style Frankfurter Hotdog
MEAT FREE	Scrambled egg Plant based bacon Quorn sausages	Chickpea & Roasted butternut curry	Creamy Macaroni & Cheese	Cuban spiced Eat Curious Plant based chunks with black beans	Quorn Frankfurter Hotdog
ON THE SIDE	Hash browns Grilled tomatoes & mushrooms	Mango Chutney Basmati Rice Naan Bread Tandoori roasted Cauliflower & broccoli	Garlic Bread Herb glazed courgettes & carrots	Steamed Rice Sticky green beans	Chunky Chips Louisiana Spiced Baked beans
JACKET/PASTA BAR	Pasta with a choice of rich tomato, vegetable & basil sauce & mozzarella cheese	Jacket Potato with a choice of baked beans, chilli con carne & cheese	Pasta with a choice of rich tomato, vegetable & basil sauce & mozzarella cheese	Pasta with a choice of rich tomato, vegetable & basil sauce & mozzarella cheese	Jacket Potato with baked beans & cheese
DESSERT	Pancake with chocolate sauce	Fruit & seed flapjack	Yoghurt Bar with your choice of toppings	Dulce de Leche	Mississippi Mud pie
EVERY DAY	SELECTION OF FRESHLY CUT & WHOLE FRUITS, JELLY & YOGHURT				