

# LUNCH

Week One  
3<sup>rd</sup> & 24<sup>th</sup> November

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Sweetcorn chowder	Parsnip and carrot	Sweet potato	Tomato and basil	Cream of mushroom with tarragon
Our daily freshly made soup served with handmade bread, croutons, and accompaniments					
<b>MAIN OPTION 1</b>	Spiced Moroccan tofu and vegetable tagine serve with rice	<b>Global street dish inspired by Spain</b> Smoked paprika and chilli falafel in a rich tomato and garlic sauce served with patas bravas VG GF	Bubble and squeak, topped with fried Eggs	<b>Global street dish inspired by Turkey</b> Warm spinach and feta filled flat breads with a garlicky beetroot and pepper hummus	Breaded nuggets served with spicy harissa mayo
<b>MAIN OPTION 2</b>	Tunisian - Shakshuka Butterbean tomato sauce with Egg	Lentil, spinach and courgette lasagne with a creamy cheese sauce	Tofu and broccoli with soba noodles and seeds and teriyaki sauce VG GF	Matter (peas) Paneer severed with basmati rice	Giant couscous, tomato, and sweet potato bake topped with, roasted chickpea and cheese GF
<b>LIGHTER OPTION</b>	Jacket Potatoes or Roasted Sweet potato with toppings	Pasta Bar with Tomato sauce, Pesto or a cheese sauce	Jacket Potatoes or Roasted Sweet potato with toppings	Pasta Bar with Tomato sauce, Pesto or a cheese sauce	Jacket Potatoes or Roasted Sweet potato with toppings
<b>ON THE SIDE</b>	Stir fried bok choy and Chinese leaf with teriyaki glazed roots	Garlic bread sticks, roasted carrots and shallots	Cajun fries, roasted aubergine and red onion with braised red cabbage	Naan breads, Roasted broccoli and glazed carrot	Seasoned potato wedges
<b>DESSERT</b>	Mix berry cake	Beetroot Chocolate cake and chocolate sauce	Marble cake	Sticky toffee pudding with caramel sauce	Apple strudel with cream
Gluten and dairy free desserts are available daily along with a selection of dessert pots and fresh fruit					
<b>EVERY DAY</b>	Everyday on the salad bar is a selection of core salads, fresh bread plus composite salads and dressings. For a lighter lunch option the sandwich bar is available with a selection of fillings				

# LUNCH

Week Two  
10<sup>th</sup> Nov & 1<sup>st</sup> Dec

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Pumpkin	Tomato and Basil	Pea and Mint	Sweetcorn	Chunky vegetable soup
Our daily freshly made soup served with handmade bread, croutons, and accompaniments					
<b>MAIN OPTION 1</b>	Spinach and ricotta Ravioli with garlic bread	<b>Global street dish inspired by the Caribbean</b> Pulled jackfruit and black bean lightly spiced Caribbean curry served with warm flat bread and fresh herbs VG GF	Gnocchi and cannellini beans with tomato sauce	<b>Global street dish inspired by Vietnam</b> Sticky tofu Bahn Mi with pickled vegetables, chilli and coriander VG GF	Quorn burger in a toasted brioche bun, with cheddar cheese sauce and slice gherkins (v)
<b>MAIN OPTION 2</b>	Tofu, sweetcorn and sugar snap biryani	Butternut squash and puy lentil wellington made with fresh herbs, apricot and red onion	Aubergine, lentil and tomato moussaka made with soy yoghurt, garlic and thyme VG GF	Crispy sweet and sour Quorn pieces with peppers and bean shoots	Open style Bean burger made with root vegetables GF
<b>LIGHTER OPTION</b>	Pasta Bar with Tomato sauce, Pesto or a cheese sauce	Jacket Potatoes or Roasted Sweet potato with toppings	Pasta Bar with Tomato sauce, Pesto or a cheese sauce	Jacket Potatoes or Roasted Sweet potato with toppings	Pasta Bar with Tomato sauce, Pesto or a cheese sauce
<b>ON THE SIDE</b>	Roasted Broccoli and red apple Roasted butternut squash	Creamy mashed potatoes Boston beans and peas	Garlic pitta bread, sweetcorn and roasted peppers with green beans	Egg fried rice, spring roll and stir-fry Chinese leaf	Waffle Potatoes, coleslaw and garden peas
<b>DESSERT</b>	Blue berry and banana oat bake	Forest fruit and apple crumble and custard	Autumn fruity eton mess	Lemon Drizzle cake	Chocolate chip cookies
Gluten and dairy free desserts are available daily along with a selection of dessert pots and fresh fruit					
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# LUNCH

Week Three  
17<sup>th</sup> Nov & 8<sup>th</sup> Dec

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Roasted tomato and basil	Butternut squash	Thai noodle	Creamy tomato	Carrot and coriander
Our daily freshly made soup served with handmade bread, croutons, and accompaniments					
<b>MAIN OPTION 1</b>	Cheese macaroni topped with crispy onion and breadcrumbs	<b>Global street dish inspired by Mexican</b> Burrito filled with rice, black beans and topped with a side of a smashed avocado and tortilla chips	Soy mince and green lentil cottage pie topped with cheesy mash potato	<b>Global street dish inspired by West Africa</b> Hot and spicy Jollof rice made with chilli, tomato, fresh ginger, herbs and red peppers topped with chilli tempeh	Margarita pizza topped with golden melted cheddar cheese
<b>MAIN OPTION 2</b>	Chickpea and vegetable tikka masala fragrant rice VG GF	Lentil and roasted root bolognaise made with a rich tomato ragu VG GF	Chickpea falafel and vegetable wraps with tahini and garlic sauce	Jerk Jackfruit and black turtle bean stew with roasted roots and kale VG GF	Chilli sin carne with Mexican rice
<b>LIGHTER OPTION</b>	Jacket Potatoes or Roasted Sweet potato with toppings	Pasta Bar with Tomato sauce, Pesto or a cheese sauce	Jacket Potatoes or Roasted Sweet potato with toppings	Pasta Bar with Tomato sauce, Pesto or a cheese sauce	Jacket Potatoes or Roasted Sweet potato with toppings
<b>ON THE SIDE</b>	Garlic Bread sticks or Naan breads Roasted peppers shallot and parmesan greens	Spaghetti, garlic bread roasted courgettes with garlic and thyme	Roasted cauliflower with French beans	Sweet potato wedges with thyme roasted carrots and savoy cabbage	Skinny fries, peas and grilled tomato
<b>DESSERT</b>	Chocolate rice Krispy treats	Apple crumble and vanilla flavour custard	Lemon shortbread	Coconut and strawberry jam cake	Chocolate mousse
Gluten and dairy free desserts are available daily along with a selection of dessert pots and fresh fruit					
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