

VG & GF option  
available for this dish

# Lunch



Week One 1 <sup>st</sup> & 22 <sup>nd</sup> Sept, 13 <sup>th</sup> Oct, 17 <sup>th</sup> Nov 8 <sup>th</sup> Dec	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Chunky vegetable	Sweet potato	Cream of broccoli	Tomato and basil	Thai sweetcorn
Our daily freshly made soup served with handmade bread, croutons, and accompaniments					
<b>MAIN OPTION 1</b>	3 cheese macaroni, topped with breadcrumbs ( <b>VG, GF</b> )	Thai coconut chickpea curry ( <b>VG, GF</b> )	Broccoli and cheddar quiche	Vegetable Quesadillas with black beans	Margaritta Pizza topped with melted cheese ( <b>VG, GF</b> )
<b>MAIN OPTION 2</b>	Chilli con carne with rice ( <b>VG, GF</b> )	Spaghetti vegetable bolognaise ( <b>VG, GF</b> )	Ratatouille penne pasta bake ( <b>VG, GF</b> )	Breaded Aubergine Katsu curry ( <b>VG, GF</b> )	Falafel filled panini ( <b>VG, GF</b> )
<b>ON THE SIDE</b>	Garlic Bread, Broccoli and sweetcorn	Steamed Rice, carrots and beans	Mini jacket potatoes with sour cream and spring onions Winter greens	Steamed rice and sweet corn	Potato tots and garden peas
<b>DESSERT</b>	Flapjacks	Chocolate brownie	Mid week yoghurt bar with fruits and toppings	Apple Crumble and custard	Chocolate chip cookie
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 our jacket potato plain pasta and tomato sauce and sandwich bars are available with a selection of fillings and toppings				

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# Lunch



Week Two 8 <sup>th</sup> & 29 <sup>th</sup> Sept, 3 <sup>rd</sup> & 24 <sup>th</sup> Nov	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Leek and potato	Cream of carrot	Red Lentil	Sweetcorn and noodle	Vegetable
	Our daily freshly made soup served with handmade bread, croutons, and accompaniments				
MAIN OPTION 1	Plum tomato Gnocchi with garlic bread	Spicy mix bean Tacos with guacamole, sour cream, salsa and nachos (VG, GF)	Vegetable lasagne	Shepherds Pie with a carrot mash (VG, GF)	Vegetable bean burger bar (VG, GF)
MAIN OPTION 2	Paneer Tikka Masala served with rice (VG, GF)	Bubble and squeak with poached egg	Butter bean vegetable Paella (VG, GF)	Handmade vegetable sausage roll	Traditional French Potatoes Au Gratin (Dauphinoise)
ON THE SIDE	Cauliflower florets	Diced swede and carrots	Garlic Bread, Broccoli and sweetcorn	Honey roasted parsnips, steamed cabbage and leeks	French Fries and creamy coleslaw
DESSERT	Berry Eton Mess	Caramel cheesecake	Mid week yoghurt bar with fruits and toppings	Sticky toffee pudding	Chocolate chip cookie
	Gluten and dairy free desserts are available daily along with a selection of dessert pots and fresh fruit				
EVERY DAY	Everyday on the salad bar is a selection of core salads, fresh bread plus composite salads and dressings, for a lighter lunch option our jacket potato, plain pasta and tomato sauce and sandwich bars are available with a selection of fillings and toppings				

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# Lunch



Week Three 15 <sup>th</sup> Sept, 6 <sup>th</sup> Oct, 10 <sup>th</sup> Nov, 1 <sup>st</sup> Dec	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Tomato and Basil	Cream of broccoli	Minestrone	Roast Pumpkin	Creamy tomato
	Our daily freshly made soup served with handmade bread, croutons, and accompaniments				
<b>MAIN OPTION 1</b>	Tortellini alla panna with cheese focaccia bread	Tofu and broccoli stir fried with steamed rice ( VG, GF )	Vegetable Balti with a cucumber yogurt and mango chutney ( VG, GF )	Egg fried rice with baby corn, mange tout and spring onions	Quorn Nuggets and Chips
<b>MAIN OPTION 2</b>	Tadka Dhal with rice and poppadums' ( VG, GF )	Pumpkin seed and green pesto fusilli pasta	Spinach and ricotta ravioli with a cheese sauce	Sweet potato Falafel coconut rice and a spicy tomato sauce ( VG, GF )	Baked eggplant and cannellini beans and parmesan ( VG, GF )
<b>ON THE SIDE</b>	Cucumber salad or corn on the cob	Garlic bread Carrots & Courgettes	Naan bread and steamed rice	Roast butternut and courgettes	Baked beans, chips
<b>DESSERT</b>	Chocolate brownie with cream	Rice pudding with strawberry jam	Mid week yoghurt bar with fruits and toppings	Banana cake served with custard	Chocolate chip cookie
	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 our jacket potato, plain pasta and tomato sauce and sandwich bars are available with a selection of fillings and toppings				