

LUNCH

Week 1

1.9.25 29.9.25 3.11.25 1.12.25

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Soup of the day, served with Fresh baked breads				
MAIN MEAL	Chilli con carne with steamed rice	Roast Gammon with roast potatoes and gravy	PASTA BAR	Chicken tagine with couscous	Breaded Fish Fingers with Oven Chips
MAIN MEAL	Vegan butternut chilli	Cheese and onion quiche		Squash, sweet potato and chickpeas Tagine with couscous	Sweet potato falafel with tahini or Hummus
SIDES	Steamed Broccoli	Medley of vegetables		Baked Courgettes	Steamed garden Peas
DESSERT	Yoghurts	Fruit Salad	Yoghurt	Fruit Cake	Yoghurt
EVERY DAY	Selection of Freshly Cut Fruits				

LUNCH

Week 2
8.09.25 6.10.25 10.11.25 8.12.25

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Soup of the day, served with Fresh baked breads				
MAIN MEAL	Pork or chicken sausage with mash potato and onion gravy	Sweet and sour chicken with Noodles	PASTA BAR	Steak Hache with potato wedge	Margarita Pizza
MAIN MEAL	Vegan sausage with mash potato and onion gravy	Autumn Vegetables frittata		Vegetarian burger with potato wedge	
SIDES	Baked Butternut	Roasted Cauliflower		Creamy leeks	
DESSERT	Flapjack	Fruit Salad	Yoghurt	Fruit Cake	Yoghurt
EVERY DAY	Selection of Freshly Cut Fruits				

LUNCH

Week3

15.9.25 13.10.25 17.11.25
15.12.25

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Soup of the day, served with Fresh baked breads				
MAIN MEAL	Vegan bolognaise With steamed rice	Southern chicken with ebly	PASTA BAR	Turkey or Beef Meatballs served with Couscous	Breaded Fish Fingers with Oven Chips
MAIN MEAL		Quorn southern fried with ebly		Vegan Meat-less Balls served with Couscous	Vegetable and lentil cottage pie
SIDES		Roasted Cauliflower		Braised cabbage	Garden Peas
DESSERT	Yoghurt	Fruit Salad	Yoghurt	Fruit Cake	Yoghurt
EVERY DAY	Selection of Freshly Cut Fruits				

LUNCH

Week 4
22.9.25 20.10.25 24.11.25

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Soup of the day, served with Fresh baked breads				
MAIN MEAL	Roast citrus chicken thigh with roast potatoes	Beef Bourguignon with steamed rice	PASTA BAR	Lamb Madras and rice	Margarita Pizza
MAIN MEAL	Quorn and roast vegetables with roast potatoes	Vegetarian escalope with steamed rice		Chickpea and cauliflower curry with rice	
SIDES	Kale	Roasted carrots		Roasted sweet potato	Garden Peas
DESSERT	Chocolate mousse	Fruit Salad	Yoghurt	Fruit Cake with custard	Yoghurt
EVERY DAY	Selection of Freshly Cut Fruits				

SALAD

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SALAD ITEMS	Tomato Cucumber Lettuce Grated Carrots Sweetcorn	Tomato Cucumber Lettuce Grated Carrots Sweetcorn	Tomato Cucumber Lettuce Grated Carrots Sweetcorn	Tomato Cucumber Lettuce Grated Carrots Sweetcorn	Tomato Cucumber Lettuce Grated Carrots Sweetcorn
COMPOSITES	Coleslaw Sweet Chilli Noodle Salad	Couscous salad Allotment salad	Potato salad Celeriac Slaw	Pesto Pasta Green Salad	Coleslaw Greek salad
PROTIENS	Houmous Pitta & Carrot	Selection of Cheese	Grated Cheese	Selection of Cheese	Selection of Cheese
SELECTION OF DRESSINGS & TOPPINGS					