



# Lunch menu

*Week 1*

## *Monday*

### **Fresh soup**

Sweet potato & lentil  
Home-made bread  
& toppings

### **Dish of the day**

Soy & ginger chicken breast  
with spring onion, noodles  
and chilli

### **Vegetarian dish**

Mushroom, spinach &  
parmesan carbonara

### **Sides**

Potato wedges  
Roasted tomatoes  
Stir fried oriental vegetables

**Jacket & sweet potato bar**

### **Dessert**

Apple tarte tatin  
with cream  
Tiramisu pot

## *Tuesday*

### **Fresh soup**

Roasted tomato & basil  
Home-made bread  
& toppings

### **Dish of the day**

Lamb moussaka

### **Vegetarian dish**

Pumpkin, chick pea  
& sage arancini

### **Sides**

Rosemary & lemon potatoes  
Steamed broccoli  
Sautéed savoy cabbage

**Jacket & sweet potato bar**

### **Dessert**

Kiwi & strawberry pavlova  
Mango rice conde pot

## *Wednesday*

### **Fresh soup**

Chorizo & butter bean  
Home-made bread  
& toppings

### **Dish of the day**

Roasted cod loin with sage  
and lemon gremolata

### **Vegetarian dish**

Gnocchi, pesto, rocket  
& parmesan bake

### **Sides**

Roasted baby potatoes with  
rosemary, garlic & thyme  
Wilted greens  
Roasted root vegetables

**Jacket & sweet potato bar**

### **Dessert**

Plum & blackberry  
crumble with custard  
New York cheesecake pot

## *Thursday*

### **Fresh soup**

Courgette & watercress  
Home-made bread  
& toppings

### **Dish of the day**

Mini chicken slider bar

### **Vegetarian dish**

Charred halloumi, sweet  
chilli and smashed avocado  
sliders

### **Sides**

Sour cream loaded skins  
Grilled corn on the cob  
Rainbow slaw

**Jacket & sweet potato bar**

### **Dessert**

Key lime pie  
Strawberry & raspberry fool

## *Friday*

### **Fresh soup**

Carrot & ginger  
Home-made bread  
& toppings

### **Dish of the day**

Trio of fish goujons served  
with home-made tartare sauce

### **Vegetarian dish**

Goats cheese, mozzarella,  
tomato, caramelised onion,  
wilted spinach pizza

### **Sides**

Smoked paprika wedges  
Minted garden peas  
Apple slaw

**Jacket & sweet potato bar**

### **Dessert**

Orange syrup cake  
Chocolate trifle



# Lunch menu

Week 2

## Monday

### Fresh soup

Tomato & orzo  
Home-made bread  
& toppings

### Dish of the day

Mexican style chicken fajitas  
sour cream & lime salsa

### Vegetarian dish of the day

Refried bean burritos topped  
with mozzarella cheese

### Sides

Steamed sweetcorn  
& roasted peppers  
Herb buttered potatoes

### Jacket & sweet potato bar

### Dessert

Pear & plum crumble  
Lemon & lime fool

## Tuesday

### Fresh soup

Lentil & tarragon  
Home-made bread  
& toppings

### Dish of the day

Beef lasagne

### Vegetarian dish of the day

Spinach, ricotta & tomato  
cannelloni

### Sides

Garlic focaccia  
Dressed rocket

### Jacket & sweet potato bar

### Dessert

Sticky banana & date cake  
with butterscotch sauce  
Strawberry Eton mess

## Wednesday

### Fresh soup

Butternut squash & thyme  
Home-made bread  
& toppings

### Dish of the day

Grilled pesto  
salmon fillet

### Vegetarian dish of the day

Vegetable biriyani, bread pot  
& yoghurt dressing

### Sides

Flash fried cabbage  
Roasted carrots  
Hassel back potatoes

### Jacket & sweet potato bar

### Dessert

Ginger parkin  
with toffee sauce  
Mixed berry panna cotta

## Thursday

### Fresh soup

Pea & mint  
Home-made bread  
& toppings

### Dish of the day

Rosemary & balsamic  
roast lamb

### Vegetarian dish of the day

Crispy parcels of spinach and  
feta, tomato and basil,

### Sides

Roasted new potatoes  
Maple celeriac & parsnip  
Buttered broccoli

### Jacket & sweet potato bar

### Dessert

Orange drizzle cake with  
lightly whipped cream  
Raspberry layered mousse

## Friday

### Fresh soup

Roasted pepper  
Home-made bread  
& toppings

### Dish of the day

Battered cod fillet  
Cod fillet topped with  
Welsh rarebit

### Vegetarian dish of the day

Sweet potato & coriander  
falafel flat breads

### Sides

Chipped potatoes  
Peas & crushed peas  
Baked beans

### Jacket & sweet potato bar

### Dessert

Rich chocolate brownie  
Blueberry cheesecake



# Lunch menu

Week 3

## Monday

### Fresh soup

Parsnip & ginger  
Home-made bread  
& toppings

### Dish of the day

Beef ragu

### Vegetarian dish of the day

Open Mediterranean  
vegetable ravioli bowls

### Sides

Garlic bread  
Spaghetti or conchiglette

### Jacket & sweet potato bar

### Dessert

Apricot tarte tatin & custard  
Banoffee pie pot

## Tuesday

### Fresh soup

Roasted red pepper  
Home-made bread  
& toppings

### Dish of the day

Pork char siu

### Vegetarian dish of the day

Vegetable pad Thai

### Sides

Egg fried rice  
Prawn crackers  
Asian greens

### Jacket & sweet potato bar

### Dessert

Pineapple fritter with  
gingered caramel  
Strawberry mousse

## Wednesday

### Fresh soup

Pea & watercress  
Home-made bread  
& toppings

### Dish of the day

Spanish chicken with chorizo  
& pepper

### Vegetarian dish of the day

Red onion & courgette frittata

### Sides

Patatas bravas  
Broccoli  
Corn on the cob

### Jacket & sweet potato bar

### Dessert

Chocolate brownie with  
cream & raspberry coulis  
Pomegranate panna cotta

## Thursday

### Fresh soup

Curried cauliflower  
Home-made bread  
& toppings

### Dish of the day

Turkey Milanese,  
spiced tomato sauce

### Vegetarian dish of the day

Basil pesto & parmesan  
arrancini

### Sides

Oven roasted new potatoes  
Honey tossed green beans  
Roasted red peppers & thyme

### Jacket & sweet potato bar

### Dessert

Treacle sponge & custard  
Salted caramel pot

## Friday

### Fresh soup

Summer vegetable  
Home-made bread  
& toppings

### Dish of the day

Salmon & dill fishcakes  
Tempura cod, tartare sauce

### Vegetarian dish of the day

Falafel burger topped with  
smashed avocado, leaves and  
ras el hanout mayonnaise

### Sides

Sweet potato chips  
Minted garden peas  
Stir fried courgette & carrot  
ribbons

### Jacket & sweet potato bar

### Dessert

Glazed plum flan with  
Chantilly cream  
Tiramisu