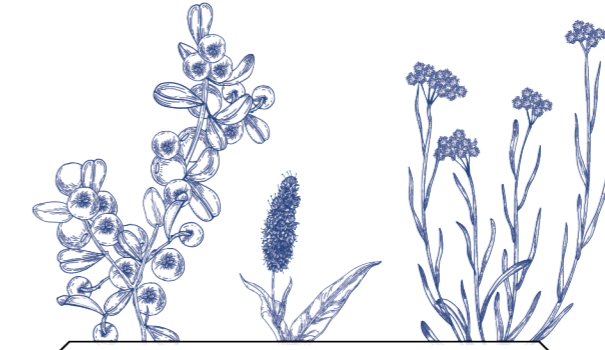




Lunch week 1



Monday

Minestone soup nut
free pesto bloomer

Chilli beef & root
veggie taco (h) or
Butterbean & sweet
potato chilli taco

Pickled jalapenos, corn
salsa, American cheese
sauce

Baked Cajun rice

Mixed salad & chipotle
dressing

Steamed broccoli

Key lime pie

Tuesday

Sweetcorn chowder
sesame knots

Pork sausage, chicken
sausage (h) "hot dog"
Cola onions pickles
Relishes & mustards
Potato wedges

Quorn sausage "hot
dog" accompaniments

Tempura prawn
sesame & rice noodle
salad

BBQ beans & root slaw

Toffee apple crumble &
custard

Wednesday

Roast tomato & basil
soup foccacia

"Scouse" slow braised
beef, veggies & rich
gravy
Pickled red cabbage &
beetroot
Crusty bread (h)

Sautéed garlic
mushroom crostini,
rocket parmesan

Chicken Caesar salad

Garden peas

Sticky toffee pudding &
butterscotch sauce

Thursday

Mushroom & thyme
soup ciabatta

Thai green coconut
chicken curry (h)
fragrant rice, vege rolls
prawn crackers

Stir fried egg noodles
shitake mushrooms pak
choi & Singapore
dressing

Sauteed oriental greens

Glace cherry
shortbread &
marshmallow rocky
road

Friday

Potato & leek soup oat
bloomer

Battered fillet of cod
tartare sauce
Seafood pie, Lancashire
creamy mash

Bombay brioche veggie
burger, onion bhaji
mint yoghurt, mango
chutney

Chips peas baked beans
mushy peas gravy
curry sauce

Corn flake tart &
custard



Lunch week 2



Monday

Cauliflower & cheddar
mature bloomer

Selection of pizza

Pepperoni

Chicken & sweetcorn
Caramelised onion &
goats cheese
Cheese & tomato
Ham & pineapple
Italian mixed salad
Potato wedges

Tortilla Espanola,
Spanish cured ham

Chocolate brownie &
salted caramel butter
cream

Tuesday

Butternut squash &
coconut sesame knots

BBQ pork meatballs
BBQ chicken meatballs
(h)

Penne pasta
Garlic dough balls

Three cheese arancini
roast red pepper mayo
baby gem & pea salad

Herby carrots

Bacon, lettuce, tomato
& avocado salad

Jam & coconut sponge
with custard

Wednesday

Creamy vegetable soup
focaccia

“Barm cake” of Sliced
treacle baked gammon
Honey & mustard sauce
Pineapple & corn salsa
Baby roast potatoes
Roast marinated
chicken leg, honey &
mustard sauce (h)

Butternut squash &
harissa tagine, mint &
lemon quinoa

Roasted root veggies
with garlic & rosemary

Banoffee pie

Thursday

Pea & ham soup
ciabatta

Chicken & leek puff
parmesan pastry pie (h)
Gravy

Cheese & onion pie

Creamy mash
Green beans
Sautéed cabbage

Tuna, egg, white bean
& olive salad

Cauliflower cheese

Cherry & chocolate
Trifle

Friday

Honey roast parsnip
soup oat bloomer

Battered fillet of cod
tartare sauce
Steamed Connemara
mussels “marinara”

Quorn “Toad in the
hole” Veggie red onion
gravy

Chips peas baked
beans mushy peas
gravy curry sauce

Cherry berry
cheesecake



Lunch week 3



Monday

Broccoli & stilton soup
nut free pesto bloomer

Penne "al forno"
Beef ragu (h) baked
with a rich cheese
sauce, mozzarella &
parmesan

Mac & cheese bites
Cajun mayo

Garlic focaccia

Mixed salad & chipotle
dressing
Steamed greens

Apple crumble &
custard

Tuesday

Spiced sweet potato &
chickpea

Beef burgers (h)
Vege burger
Monterey jack cheese
Cola onions
Ketchup mayo
Mustards
Fried pickles

Baked beans
Raw slaw

Warm salad of
marinated grilled
chicken – lemon
dressing

Fruity flapjack

Wednesday

Roast red pepper,
smoked paprika &
tomato soup foccacia

Roast breast of turkey
Roast chicken breast (h)
Sage & onion stuffing
Cranberry sauce gravy
Yorkshire pudding

Goats cheese & roast
vegetable tart

Roast potatoes herby
carrots wilted greens

Chocolate sponge &
chocolate custard

Thursday

Celeriac & thyme soup
ciabatta

Chicken tikka masala (h)
Baked rice

Sweet potato, lentil &
chickpea korma

Poppadums' onion
bhajis mango chutney
Yoghurt & mint tomato
salad

Bombay potatoes

Blueberry muffin &
vanilla buttercream

Friday

Carrot & coriander
soup oat bloomer

Battered fillet of cod
tartare sauce

Vege sausage roll &
gravy

Seafood paella with
aioli & a green salad

Chips peas baked beans
mushy peas gravy
curry sauce

Lemon meringue pie