

| WEEK 1 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------------------|--|---|---|--|---|
| Soup | French Onion Soup | Cream Of Tomato Soup | Chunky Vegetable Soup | Leek & Potato Soup | Roasted Pepper |
| Main Event | Barbequed Chicken Pieces | Minced Beef Lasagne | Traditional Roast Beef with Yorkshire Pudding | Chicken Tikka Masala | Breaded Pollack served with Lemon Wedge |
| Meat Free Zone | Cajun Stir Fry Vegetable Wrap | Feta Cheese, Tomato and Basil Frittata | Sweet Potato and Spinach en Crouete | Sweet and Sour Vegetables with Noodles | Quorn Chilli Con Carne |
| And to go with... | Savoury Rice Sautéed Courgette Sweetcorn | Garlic Bread Garden Peas Carrots | Crunchy Roast Potatoes Broccoli Spears Roasted Parsnips | Steamed Rice Fresh Cabbage Cauliflower | Chunky Chips New Potatoes Mushy Peas Sweetcorn |
| Jacket Bar | Choice of Cheese, Baked Beans, Tuna | Choice of Cheese, Baked Beans, Tuna | Choice of Cheese, Baked Beans, Tuna | Choice of Cheese, Baked Beans, Tuna | Choice of Cheese, Baked Beans, Tuna |
| Pasta Bar | Ham Sweetcorn and Leek Pasta | Penne with Chilli, Garlic and Roasted Vegetables & Cheese | Macaroni Cheese | Chicken and Tomato Pasta | Pasta in Tomato and Basil Sauce and Cheese |
| Puddings | Apple Crumble served with Custard | Marble Sponge with Custard | Creamy Rice Pudding with Fruit on the side | Bread and Butter Pudding with Custard | Syrup Sponge with Custard |

Always available – Salad Bar – Wraps – Fresh Fruit – Cheese & Biscuits – Homemade Yoghurt with Toppings

| WEEK 2 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------------------|--|--------------------------------------|--|--------------------------------------|--|
| Soup | Cream of Broccoli Soup | Chinese Mushroom and Noodle Soup | Tomato and Basil | Cream of Vegetable Soup | Leek and Potato Soup |
| Main Event | Chicken Stir Fry with Noodles | Spicy Cajun Chicken Wrap | Traditional Roast Turkey with Stuffing | Lamb Balti with Naan Fingers | Breaded Pollack with Tartare Sauce |
| Meat Free Zone | Mozzarella and Red Onion Quiche | Quorn and Vegetable Pasta Bake | Vegetable Cottage Pie | Quorn Lasagne | Vegetable Spring Roll with Chilli Dip |
| And to go with... | Savoury Rice Pan Fried Leeks Sweetcorn | Steamed Rice Duo of Fresh Vegetables | Oven Crisp Roast Potatoes Broccoli Roasted Winter Vegetables | Coriander Rice Sweetcorn Garden Peas | Chunky Chips New Potatoes Mushy Peas Sweetcorn |
| Jacket Bar | Choice of Cheese, Baked Beans, Tuna | Choice of Cheese, Baked Beans, Tuna | Choice of Cheese, Baked Beans, Tuna | Choice of Cheese, Baked Beans, Tuna | Choice of Cheese, Baked Beans, Tuna |
| Pasta Bar | Pasta with Roasted Vegetables and Parmesan | Spaghetti with Bolognese Sauce | Macaroni Cheese | Italian Chicken & Tomato Pasta | Ham and Sweetcorn Pasta |
| Puddings | Oven Baked Rhubarb Crumble with Custard | Iced Carrot Cake | Jam Sponge with Custard | Banana Cake with Custard | Orange Sponge with Custard |

Always available – Salad Bar – Wraps – Fresh Fruit – Cheese & Biscuits – Homemade Yoghurt with Toppings

Lunch Menu

| WEEK 3 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------------------|--|--|--|---|---|
| Soup | Minted Pea Soup | Minestrone Soup | Cream of Mushroom Soup | Tomato Soup | Winter Vegetable Soup |
| Main Event | Beef Chunks in a rich Tomato Sauce | Chilli Con Carne with Tortilla Chips | Roast Chicken with Sage & Onion Stuffing | Traditional Butcher Sausage with Onion | Breaded Pollack with Lemon Wedges |
| Meat Free Zone | Lentil and Vegetable Curry | Quorn Sausage Hot Pot | Spinach and Mushroom Risotto | Traditional Oven Baked Cheese & Onion Pasty | Mixed Bean Stir Fry |
| And to go with... | New Potatoes Sweetcorn Garden Peas | Steamed Rice Garlic Bread Mixed Vegetables | Roasted Potatoes Cauliflower Roasted Winter Vegetables | Mashed Potato Carrots Garden Peas | Chunky Chips New Potatoes Mushy Peas Sweetcorn |
| Jacket Bar | Choice of Cheese, Baked Beans, Tuna | Choice of Cheese, Baked Beans, Tuna | Choice of Cheese, Baked Beans, Tuna | Choice of Cheese, Baked Beans, Tuna | Choice of Cheese, Baked Beans, Tuna |
| Pasta Bar | Pasta Bolognese | Cajun Chicken Pasta | Macaroni Cheese | Ham & Mushroom Pasta | Cheesy Tomato Penne |
| Puddings | Creamy Rice Pudding with Fruit on the Side | Lemon & Ginger Sponge with Custard | Oaty Apple Crumble | Fruity Flapjack with Custard | Chocolate Sponge with Chocolate Sauce |

Always available – Salad Bar – Wraps – Fresh Fruit – Cheese & Biscuits – Homemade Yoghurt with Toppings

Lunch Menu

| WEEK 4 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------|-------------------------------------|--------------------------------------|--|---|--|
| Soup | Lentil Soup | Tomato and Chilli Soup | Cream Of Leek and Potato Soup | Scotch Broth | Moroccan Chickpea Soup |
| Main Event | Sweet & Sour Chicken | Spicy Chicken Curry | Traditional Roast Turkey with Stuffing | Beef Pie with Pastry Topping | Breaded Pollack with Lemon Wedge |
| Meat Free Zone | Spanish Omelette | Quorn Stir Fry with Noodles | Vegetable & Chick Pea Curry | Moroccan Vegetables with Cous Cous | Roasted Vegetable Lasagne |
| And to go with... | Steamed Rice Garden Peas | Savoury Rice Sweetcorn Carrots | Crunchy Roast Potatoes Roasted Vegetables Broccoli | Mashed Potatoes Carrots Garden Peas | Chunky Chips New Potatoes Mushy Peas |
| Jacket Bar | Choice of Cheese, Baked Beans, Tuna | Choice of Cheese, Baked Beans, Tuna | Choice of Cheese, Baked Beans, Tuna | Choice of Cheese, Baked Beans, Tuna | Choice of Cheese, Baked Beans, Tuna |
| Pasta Bar | Sausage & Tomato Pasta Bake | Pasta Bolognese | Macaroni Cheese | Ham & Leek Pasta | Tomato & Basil Pasta & Cheese |
| Puddings | Orange Sponge with Custard | Chocolate Chip Sponge with Custard | Fruit Crumble with Custard | Pineapple Upside Down Cake | Cherry Muffin Cake with Custard |

Always available – Salad Bar – Wraps – Fresh Fruit – Cheese & Biscuits – Homemade Yoghurt with Toppings