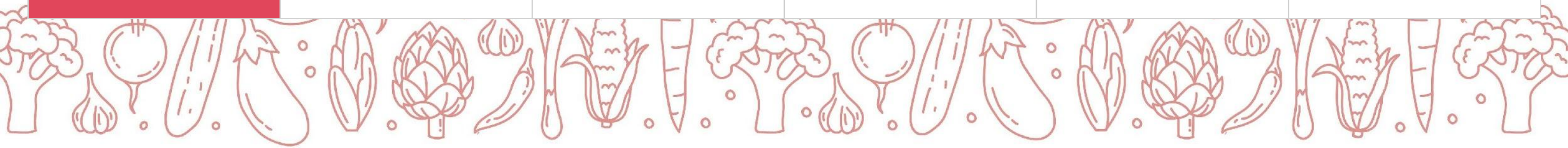
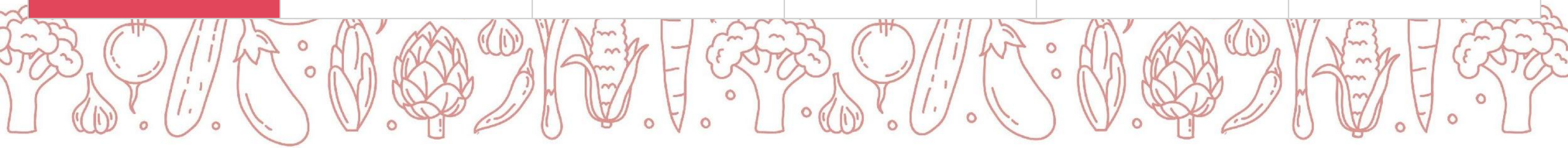


Lunch Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup & Homemade Bread	Red Lentil & Chickpea	Carrot & Coriander	Cream of Cauliflower	Tomato & Basil	Sweet Potato and Roasted Pumpkin Seeds
The Main Counter	Mac & Cheese Topped with Roasted Italian Vegetables & Crispy Bacon	Roast Gammon with wholegrain mustard or apple sauce	Mediterranean Beef in a Warmed Tortilla Wrap with Roast Vegetables	Mild Chinese Style Chicken Curry	Battered Fish or Fish Finger with Lemon & Fresh Tartare Sauce
	Potato Gnocchi, Red Pepper and Spinach Frittata Bake	Butternut Squash & Mixed Bean Wellington	Stuffed Roasted Peppers with Feta and Crunchy Seeds	Sweet & Sour Tofu and Roasted Asian Vegetables	Chickpea, Mixed Bean & Sweetcorn Burger
Energy Bar	Freshly Baked Sweet Potatoes, Classic Jacket Potatoes or Pasta Served with Mexican Vegetable & Bean Chilli	Freshly Baked Sweet Potatoes, Classic Jacket Potatoes or Pasta Served with Italian Beef Bolognese	Freshly Baked Sweet Potatoes, Classic Jacket Potatoes or Pasta Served with Mild Chickpea Curry	Freshly Baked Sweet Potatoes, Classic Jacket Potatoes or Pasta Served with Rustic Tomato & Basil Ragout	Freshly Baked Sweet Potatoes, Classic Jacket Potatoes or Pasta Served with Tuna & Sweetcorn
Sides	Mixed Salad Steamed Green Beans Homemade Garlic & Rosemary Focaccia	Herb Roasted Potatoes Steamed Sliced Carrots Garden Peas	Herbed Cous Cous Sweetcorn Steamed Courgettes	Steamed Rice Mixed Asian Greens Crunchy Carrots	Oven Baked Chips Garden Peas Baked Beans
Dessert	Natural Yoghurt Pots with Toppings & Freshly Cut Fruit	Apple & Cinnamon Oaty Crumble & Custard	Natural Yoghurt Pots with Toppings & Freshly Cut Fruit	Syrup Sponge with Custard	Natural Yoghurt Pots with Toppings & Freshly Cut Fruit



Lunch Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup & Homemade Bread	Autumn Minestrone	Cream of Tomato	Roasted Carrot & Lentil	British Leek & Potato	Cumin & Paprika Spiced Parsnip
The Main Counter	Beef Meatballs in a Herby Tomato Sauce	Roast Breast of English Turkey with Sage & Onion Stuffing	Oven Baked Lasagne Topped with Mozzarella Cheese	Panko Crusted Chicken Thigh served with Katsu Curry Sauce	Battered Fish or Fish Finger with Lemon & Fresh Tartare Sauce
	Roasted Vegetable, Basil & Mixed Bean Bolognese	Roasted Chickpea Falafels with Tomato Salsa	Baked Potato Dumplings with Spinach & Ricotta Cheese	Sweet Potato and Chickpea Curry	Mushroom & Spinach Spaghetti alla Sorrentina
Energy Bar	Freshly Baked Sweet Potatoes, Classic Jacket Potatoes or Pasta Served with BBQ Baked Beans	Freshly Baked Sweet Potatoes, Classic Jacket Potatoes or Pasta Served with Mild Turkey Chilli	Freshly Baked Sweet Potatoes, Classic Jacket Potatoes or Pasta Served with Butter Bean & Tomato Stew	Freshly Baked Sweet Potatoes, Classic Jacket Potatoes or Pasta Served with Mild Chicken Arrabbiata	Freshly Baked Sweet Potatoes, Classic Jacket Potatoes or Pasta Served with Coronation Chickpeas
Sides	Wholewheat Pasta Steamed Broccoli Baby Carrots	Roasted Baby Potatoes Green Cabbage Cauliflower	Homemade Rosemary Focaccia Chef's Salad Steamed Carrots	Sticky Rice Green Beans Steamed Sweetcorn	Homemade Garlic Bread House Salad Steamed Broccoli
Dessert	Natural Yoghurt Pots with Toppings & Freshly Cut Fruit	Pear Oaty Crumble & Custard	Natural Yoghurt Pots with Toppings & Freshly Cut Fruit	Marmalade Bread & Butter Pudding with Custard	Natural Yoghurt Pots with Toppings & Freshly Cut Fruit



Lunch Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup & Homemade Bread	Roasted Red Pepper and Tomato	Cream of Field Mushroom & Herbs	Curried Parsnip	Winter Vegetable & Barley	Roasted Butternut Squash
The Main Counter	Kung Pao Pork Stir Fry with Peppers	Herb Roast Chicken with Sage & Onion Stuffing	Classic Cottage Pie topped with Crispy Mashed Potatoes & Onion Gravy	Mild & Creamy Chicken Korma Curry	Baked Fish Goujon Tacos with Salsa and Crispy Onions
	Katsu Sweet Potatoes with Edamame Beans & Mild Katsu Sauce	Cheese, Leek and Butternut Squash Oaty Crumble	Vegetable & Lentil Cottage Pie Topped with Crispy Mashed Potatoes & Onion Gravy	Spring Onion, Tomato & Cheddar Wholemeal Quiche	Jerk Spiced Vegetables with Coconut Rice & Beans
Energy Bar	Freshly Baked Sweet Potatoes, Classic Jacket Potatoes or Pasta Served with Italian Vegetable Bolognese	Freshly Baked Sweet Potatoes, Classic Jacket Potatoes or Pasta Served with Creamy Pesto Courgettes	Freshly Baked Sweet Potatoes, Classic Jacket Potatoes or Pasta Served with Grated Cheese & Baked Beans	Freshly Baked Sweet Potatoes, Classic Jacket Potatoes or Pasta Served with Mexican Spiced Vegetable Casserole	Freshly Baked Sweet Potatoes, Classic Jacket Potatoes or Pasta Served with Mild Beef Chilli
Sides	Egg Noodles Sweetcorn Green Beans	Parsley Potatoes Roasted Parsnips Steamed Savoy Cabbage	Garden Peas Roasted Carrots	Steamed Rice Roasted Cauliflower Green Beans	Chef's Salad Garden Peas
Dessert	Natural Yoghurt Pots with Toppings & Freshly Cut Fruit	Plum Oaty Crumble & Custard	Natural Yoghurt Pots with Toppings & Freshly Cut Fruit	Beetroot Chocolate Brownie	Natural Yoghurt Pots with Toppings & Freshly Cut Fruit

