



THE OPS *Kitchen*

Lunch Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Soup & Homemade Bread	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
The Main Counter	Mild Coconut Chicken Curry	Ham & Pineapple Pizza Slice	Beef & Lentil Pie Topped with Sweet Potato Mash	Pork & Apricot Tagine	Baked Salmon Fillet or Fish Finger with Lemon & Fresh Tartare Sauce
	Vegetable Coconut Curry	Margarita Pizza	Vegetable & Lentil Pie Topped With Sweet Potato	Moroccan Spiced Vegetable Tagine	Battered Halloumi
Fuel Station	Freshly Baked Sweet Potatoes, Classic Jacket Potatoes or Pasta Served with Rustic Tomato Sauce	Freshly Baked Sweet Potatoes, Classic Jacket Potatoes or Pasta Served with Rustic Tomato Sauce	Freshly Baked Sweet Potatoes, Classic Jacket Potatoes or Pasta Served with Italian Beef & Lentil Bolognese	Freshly Baked Sweet Potatoes, Classic Jacket Potatoes or Pasta Served with Rustic Tomato Sauce	Freshly Baked Sweet Potatoes, Classic Jacket Potatoes or Pasta Served with Rustic Tomato Sauce
Sides	Steamed Rice, Broccoli Green Beans, Naan Bread	Seasoned Chips Baked Beans, Sweetcorn & Peas	Roasted Carrots, Steamed Hispi Cabbage Gravy	Citrus Cous Cous Mediterranean Vegetables	Garlic Roasted New Potatoes Garden Peas & Baked Beans
Desserts	Natural Yoghurt Pots with Toppings & Freshly Cut Fruit	Apple & Cinnamon Oaty Crumble & Custard	Natural Yoghurt Pots with Toppings & Freshly Cut Fruit	Chocolate Ripple Sponge	Natural Yoghurt Pots with Toppings & Freshly Cut Fruit