



Lunch Menu Monday 1 to Friday 5 November

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup	Broccoli	Cauliflower	Curried parsnip	Sweet potato & pumpkin seeds	French onion
Mains kitchen	Sofrito chicken, spelt, beans & kale	Smoky jerk pork steak, rice & peas, jerk sauce	Beef & vegetable lasagne, rocket & parmesan salad	Roast turkey breast, gravy & cranberry sauce	Chicken, ham & leek pie, roasted new potatoes
Vegetarian	Cheese, tomato & basil quiche, garden salad	Quorn & vegetable stew with puy lentils, polenta cake	Mediterranean vegetable & cannellini bean casserole	Spinach, pea & red pepper frittata, mixed leaves	Tofu with pak choi, broccoli & rice
Fish counter	Baked cod with parsley sauce & vine tomatoes, savoy cabbage		Smoked haddock kedgeree, poached egg		Baked cod fillet, tartar sauce, lemon wedge
Sides	Parsley new potatoes	Creamy mash	Rosemary new potatoes	Thyme & rosemary roast potatoes	Chips
	Wilted kale & green beans	Broccoli florets	Roast courgette	Lemon carrots	Garden peas
	Garden salad	Sweetcorn		Sautéed savoy cabbage	Mushy peas
Jacket potato / pasta bar	Tagliatelle, beef bolognese, leek mornay sauce, cheese, olives, garlic bread	Jacket potato, chicken tikka, baked beans, grated cheese	Lamb or halloumi skewers, toasted flat bread, hummus, pickled cabbage & onion, Greek salad	Penne, pork cacciatore, pesto cream sauce, cheese, olives, garlic bread	Jacket potato, lamb savoury mince, baked beans, grated cheese
Desserts	Lemon curd sponge, vanilla sauce	Apple & cinnamon oatly crumble	Raspberry cheesecake	Sticky toffee pudding, toffee sauce, custard	Pineapple upside-down sponge, custard



Lunch Menu Monday 8 to Friday 12 November

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup	Fennel & herb	Carrot & ginger	Summer vegetable broth	Sweetcorn chowder	Tomato & basil
Mains kitchen	Smoky BBQ chicken breast Caesar salad, croutons, mixed baby gem & cos lettuce	Pork in black bean sauce, soy noodles, prawn crackers	Shepherd's pie, topped with sweet potato mash, gravy	Glazed roast gammon, sweet chilli sauce	BBQ glazed chicken breast, slaw & barbecue sauce
Vegetarian	Roasted squash, lemon grass & basmati laksa bake	Kale, quinoa fritters, pesto sauce with citrus crème fraiche, mixed salad	Wild mushroom stroganoff, basmati rice	Peppers, courgette & feta pitta bread with chilli jam	Grilled halloumi, marinated courgette and aubergine, herby couscous, hummus dressing
Fish counter	Tuscan cod, salsa verde, thyme new potatoes		Grilled cod with chorizo, caper sauce		Battered pollock, tartar sauce, lemon wedge
Sides	Thyme new potatoes			Lemon & rosemary baked wedges	Chips
	Glazed carrots & parsley	Steamed Chinese greens	Sweetcorn	Roast cauliflower	Peas
	Lemon courgette	Broccoli florets	Green beans & red onion	Mixed green vegetables	Mushy peas
Jacket potato / pasta bar	Penne, Cumberland ragu, mushroom & leek alfredo, cheese, olives, garlic bread	Jacket potato, lamb savoury mince, baked beans, grated cheese	Beef dhansak, roasted cauliflower & potato masala, fragrant rice, naan bread, poppadoms, onion bhaji, lamb samosas, chutney	Spaghetti, chicken, broccoli fricassee, red pesto cream, cheese, olives, garlic bread	Jacket potato, chilli con carne, BBQ baked beans, grated cheese
Desserts	Pear & blackberry crumble with custard	Sticky toffee pudding with Chantilly cream	Lemon & raspberry sponge with custard	Baked rice pudding with jam sauce	Apple pie with custard