



## Lunch Menu Monday 15 to Friday 19 November

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Soup</b>	Curried lentil	Classic tomato	Courgette and lemongrass	Sweet potato and thyme	Butternut squash and basil
<b>Mains kitchen</b>	Beef chilli, tortilla bread, sour cream, guacamole	Chicken, leek & mushroom pie, roasted new potatoes	Roasted pork loin steak, apple sauce, gravy, crackling	Chicken tikka masala, naan bread, poppadoms, mango chutney	
<b>Vegetarian</b>	Beans & vegetable chilli, tortilla bread, sour cream, guacamole	Quorn & vegetable casserole	Thyme-infused root vegetable pie	Mixed vegetable korma	Red lentil, vegetable & seeds roast with vegetable gravy
<b>Fish counter</b>	Grilled hake fillets with tomato salsa, boulangerie potatoes		Baked red mullet, caper & parsley vinaigrette, sautéed cabbage		Smoked haddock & spring onion fish cake, tartar sauce, lemon wedge
<b>Sides</b>	Boulangerie potatoes	Roasted new potatoes	Thyme & garlic roasted potatoes	Fragrant basmati rice	Chips
	Roasted cauliflower	Broccoli florets	Roasted parsnip	Lemon roasted courgette	Peas
	Steamed green beans	Sweetcorn	Braised red cabbage	Steamed carrots	Mushy peas
<b>Jacket potato / pasta bar</b>	Farfalle, ratatouille sauce, turkey bolognaise, cheese, olives, garlic bread	Jacket potato, curried lamb, baked beans, grated cheese	Sweet & sour chicken or tofu with rice noodles, vegetable or beef spring rolls, prawn crackers	Fusilli, ham & mushroom carbonara sauce, green pesto in tomato sauce, cheese, olives, garlic bread	Jacket potato, chicken & mushroom ragout, baked beans, grated cheese
<b>Desserts</b>	Jam sponge with custard	Apple & berries crumble with custard	Chocolate cake with chocolate custard	Lemon drizzle cake with lemon sauce	Plum upside-down cake with custard



## Lunch Menu Monday 22 to Friday 26 November

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Soup</b>	Broccoli	Cauliflower	Curried parsnip	Sweet potato & pumpkin seeds	French onion
<b>Mains kitchen</b>	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
<b>Vegetarian</b>	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
<b>Fish counter</b>	Baked cod with parsley sauce & vine tomatoes, savoy cabbage		Smoked haddock kedgeree, poached egg		Baked cod fillet, tartar sauce, lemon wedge
<b>Sides</b>	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
<b>Jacket potato / pasta bar</b>	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
<b>Desserts</b>	Lemon curd sponge, vanilla sauce	Apple & cinnamon oatly crumble	Raspberry cheesecake	Sticky toffee pudding, toffee sauce, custard	Pineapple upside-down sponge, custard