



Lunch Menu Monday 20 September to Friday 24 September

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup	Curried lentil	Classic tomato	Courgette and lemongrass	Sweet potato and thyme	Butternut squash and basil
Mains kitchen	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	
Vegetarian	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
Fish counter	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
Sides	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
Jacket potato / pasta bar	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
Desserts	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 27 September to Friday 1 October

	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