

#### Lunch menu Monday 4 to Sunday 10 September

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Beef & mushroom	Lamb keema filled	Fajita spiced	Sticky grilled Thai	Fish of the day	Beef & lentil	Beef lasagne
	bourguignon,	with herby quinoa	chicken, Mexican	style BBQ chicken,		meatballs in	
	mashed potato,	salad, tarka dhal,	rice, jicama salad &	noodles, mango &		tomato & oregano	
	green beans	chilli pickle &	hot salsa wrap	cucumber relish		sauce, pasta,	
		natural yoghurt				crushed tortilla	
						chips	
Main courses	Chickpea falafels,	Grilled auberine &	Fajita Quorn,	Pad Thai, sesame	Quorn fillet	Three-cheese pasta	Mediterranean
	tabbouleh,	halloumi,	roasted vegetables,	wok fried greens,		bake with sweet	vegetable &
	seasonal salads,	marinated	Mexican rice, cumin	Thai style		roasted peppers	spinach lasagne
	hummus, grilled	courgette ribbons	marinated salad &	sweetcorn & tofu			
	pitta bread	& crispy kale	hot salsa wrap	Fritters			
Sides	Honey roasted	Steamed broccoli	Corn on the cob	Sesame green	Chips	Ratatouille	Garlic bread
	Grated Cheddar	Grated Cheddar	Grated Cheddar	Grated Cheddar	Grated Cheddar	Grated Cheddar	Grated Cheddar
	Baked beans	Baked beans	Baked beans	Baked beans	Baked beans	Baked beans	Baked beans
	Tomato & basil or	Arrabiata sauce &	Plant-based	Fresh tomato &	Fresh tomato &	Creamy chicken,	Fresh tomato &
Pasta & jacket	cheesy spinach	carbonara	bolognaise or red	chunky Italian	spicy meatball	leek, sweetcorn &	herb sauce
potatoes	bechamel sauce		pepper sauce	sausage ragu,	sauce	tarragon sauce	
				beans & oregano			
	Chef's hot potato	Chef's hot potato	Chef's hot potato	Chef's hot potato	Chef's hot potato	Chef's hot potato	Chef's hot potato
	filling of the day	filling of the day	filling of the day	filling of the day	filling of the day	filling of the day	filling of the day
	Apple sultana &	Beetroot brownie	Sticky toffee	Bread & butter	Sticky ginger	Marmalade poppy	Coffee tray cake
Dessert	cinnamon oat		pudding & toffee	pudding	sponge & custard	seed sponge	
Desseit	crumble & custard		sauce				
	Cut mixed fruit	Cut mixed fruit	Cut mixed fruit	Cut mixed fruit	Cut mixed fruit	Cut mixed fruit	Cut mixed fruit



### Supper menu Monday 4 to Sunday 10 September

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Main courses	Smokey pork	Molasses glazed	Bolognaise	Korma chicken	Chicken shawarma	Chicken schnitzel,	Roast chicken,
& sides	sausage, oregano,	chicken wings, aioli,		curry, tarka dhal	or Arayes kofta	pickled cabbage in	stuffing
	paprika,	sesame seeds,	Seared fish in			a soft bun, sweet	
	tomatoes & red	crispy shallots &	creamy dill sauce	Potato, chickpea &	Chermoula glazed	mustard	Vegetable quiche
	onions	lime		spinach curry	vegetable &		
			Creamy toscana		halloumi skewers	Aubergine &	Roast potatoes
	Grilled cauliflower	Tofu coconut &	vegetable, basil &	Cardamom rice,		smoked cheese	Roasted carrots
	steak with hummus	turmeric aubergine	borlotti beans		Bulgur wheat	schnitzel, pickled	and parsnips
		& peas		Mint yoghurt	tabbouleh salad	red cabbage in a	Yorkshire pudding
	Chimichurri sauce		Mixed pasta			soft bun	Gravy
	& salsa criolla	Sticky jasmine rice		Onion & tomato	Spicy fried		
		French beans	Garlic and	salad	Lebanese potatoes	Jacket potatoes	Jacket potatoes
	Baked potatoes	Pickled cucumber	rosemary broccoli			Penne pasta	Penne pasta
	with sea salt &			Tarka dhal	Mint cucumber &	Tomato sauce	Tomato sauce
	chilli	Jacket potatoes	Garlic bread		chilli yoghurt	Grated cheese	Grated cheese
		Penne pasta		Poppadoms			
	Black bean &	Tomato sauce	Rocket salad		Khobez bread		
	tomato salad, roast	Grated cheese		Jacket potatoes			
	squash & chickpeas		Jacket potatoes	Tomato sauce	Jacket potatoes		
			Tomato sauce	Grated cheese	Penne pasta		
	Jacket potatoes		Grated cheese		Tomato sauce		
	Penne pasta				Grated cheese		
	Tomato sauce						
	Grated cheese						
Dessert	Plant-based apricot	Mixed donuts	Banana cake	Lemon tart	Golden syrup	Cupcakes with	Chef's special cake
	& mint betty with				sponge & custard	chocolate frosting	of the day
	soya custard						
		<u> </u>	Selection of fresh v	ı vhole fruit, cut fruits,	yoghurt & toppings	<u> </u>	ļ



### Lunch menu from Monday 11 to Sunday 17 September

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Beef, courgette,	Lamb, honey &	Flatbread, gyros	Peri-peri chicken	Fish finger wrap,	BBQ glazed pork &	Beef & root
	spinach &	date tagine, lemon	marinated chicken	drumsticks, French	tartar sauce	vegetable meatloaf,	vegetable
	mushroom	& mint couscous &	or pork kofta,	fries, BBQ sauce,		mashed potato &	casserole, mashed
	stroganoff with	harissa yoghurt	salad, sumac	sweetcorn salsa		onion gravy	potato, savoy
	steamed rice		yoghurt sauce				cabbage
Main courses	Seasonal squash,	Plant-based burger	Grilled pitta, spiced	Chermoula glazed	Quorn hot dog with	Chickpea falafels,	Grilled Quorn
Ivialii Courses	feta, pea & mint	with house sauce,	fried aubergine,	vegetable &	roll & salsa	bulgur wheat,	sausages, mashed
	frittata with	lettuce, tomato,	spiced chickpeas,	halloumi skewer,		salad, hummus &	potato, onion gravy
	roasted fennel, red	red onion &	plant-based garlic	tortilla, lettuce,		mint yoghurt sauce	
	peppers & onions	gherkins	yoghurt sauce,	pickled red onion			
			green salad				
Sides	Ratatouille	Roasted squash	Greek style roast	Vegetable medley	Chips	Green beans &	Chips
	Sautéed greens	with onions	potatoes	,	Broccoli cheese	peas	Steamed kale and
	_		French fries		bake		peas
	Grated Cheddar	Grated Cheddar	Grated Cheddar	Grated Cheddar	Grated Cheddar	Grated Cheddar	Grated Cheddar
	Baked beans	Baked beans	Baked beans	Baked beans	Baked beans	Baked beans	Baked beans
	Fresh tomato basil	Arrabiata &	Plant-based	Tomato & Italian	Fresh tomato &	Tomato sauce	Fresh tomato &
Pasta & jacket	Cheesy spinach	carbonara sauces	bolognaise or red	sausage ragu with	spicy meatball	Creamy chicken,	herb sauce
potatoes	bechamel		pepper sauce	beans & oregano	sauce	leek & sweetcorn	
						sauce	
	Chef's hot potato	Chef's hot potato	Chef's hot potato	Chef's hot potato	Chef's hot potato	Chef's hot potato	Chef's hot potato
	filling of the day	filling of the day	filling of the day	filling of the day	filling of the day	filling of the day	filling of the day
	Coconut &	Plant based banana	Scrumble	Banana & chocolate	Marble cake with	Chocolate brownie	Chef's dessert of
Dessert	raspberry sponge	& chocolate		chip loaf cake	chocolate icing		the day
Desseit		pudding					
	Cut mixed fruit	Cut mixed fruit	Cut mixed fruit	Cut mixed fruit	Cut mixed fruit	Cut mixed fruit	Cut mixed fruit



### Supper menu from Monday 11 to Sunday 17 September

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Main courses	Jerk chicken	Beef chilli or	Buttermilk chicken	Grilled chicken	Chilli dog	Creamy mac &	Chicken & winter
& sides		pulled pork	slider		Brioche rolls	cheese with a	vegetable
	Sweet potato and			Marinated grilled		selection of	casserole, cheesy
	black pea curry	Quorn chilli	Honey & soy glazed	halloumi	Veggie burger patty	toppers	polenta
			ginger smoked tofu				
	Jerk gravy	Steamed rice		Crisp kos lettuce	Smoked cheese	Bacon	Mediterranean
	Rainbow slaw		Sweet potato	Anchovies	Brioche bun	Pulled pork	vegetable
	Rice and peas	Iceberg lettuce	bravas, gochujang	Shaved Parmesan		Sliced chicken	casserole, cannellini
	Fried plantain	Chopped tomatoes	mayo	Free range egg	Beef tomato	Crispy onion	beans & red pesto,
		Refried beans	Pickled cabbage	Plum tomatoes	Baby gem lettuce	Chopped tomato	cheesy polenta
	Ginger beer	Tomato salsa	Smashed cucumber	Herby garlic	Slaw	Baby spinach	
		Sour cream		croutons	Fries	Sweetcorn	Jacket potatoes
	Jacket potatoes	Wrap	Jacket potatoes	New potatoes		Peas	Wholemeal pasta
	Wholemeal pasta	Corn taco shell	Wholemeal pasta		Jacket potatoes	Rocket salad	Tomato sauce
	Tomato sauce		Tomato sauce	Jacket potatoes	Wholemeal pasta	Garlic bread	Grated cheese
	Grated cheese	Jacket potatoes	Grated cheese	Pasta	Tomato sauce		
		Pasta	Salad	Tomato sauce	Grated cheese	Jacket potatoes	
		Tomato sauce		Grated cheese	Salsa	Pasta	
		Grated cheese				Tomato sauce	
						Grated cheese	
Dessert	Carrot cake	Apple, blackcurrant	Banoffee pie pots	Butterscotch	Raspberry ripple &	Lemon & poppy	Chef's special cake
		& oat muffins		sponge & custard	lemon curd	seed sponge with	of the day
					cheesecake pot	lemon drizzle sauce	
			Selection of fresh w	hole fruit, cut fruits,	yoghurt & toppings		



### Lunch menu from Monday 18 to Sunday 24 September

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Main courses	Chilli con carne, steamed rice, tomato salsa, sour cream, nachos  Indian tikka masala, Quorn ball, Flatbread, onion &	Smokey Mexican spice char-grilled chicken, rice, tangy lime & jalapeno sauce & crispy fried onions Baked aubergine, spiced quinoa, tomato masala	Peri-peri marinated chicken, French fries, BBQ sauce  Borlotti bean & tomato stew, rice piquillo peppers,	Beef tagine, couscous & lentils,  Aromatic roasted squash, sweet potato & black	Cajun spiced fish burgers, fajita mayo, smoked chilli slaw Cajun spiced vegan burgers, fajita mayo, smoked chilli	Korean chicken with gochujang	Roast chicken, tomato, mushroom, tarragon & onion sauce  Arancini, creamy mushroom & spinach sauce,
	coriander salad & mint & cucumber yoghurt	sauce, rocket salad	baby spinach	bean stew, couscous & lentils,	slaw		Italian garden salad
Sides	Steamed curly kale & savoy cabbage	Charred broccoli	Parmesan & thyme roasted courgettes French fries	Roasted squash and labneh Beetroot, cucumber & tomato salad	Chips Cauliflower cheese	Roasted carrot with cumin Skinny fries	Sautéed potatoes Savoy cabbage
Pasta & jacket potatoes	Grated Cheddar Baked beans Chunky beef bolognaise	Grated Cheddar Baked beans Pork, pear & rosemary stew	Grated Cheddar Baked beans	Grated Cheddar Baked beans Creamy cod, pea & dill sauce	Grated Cheddar Baked beans Aubergine & courgette ragu	Grated Cheddar Baked beans Creamy squash & rocket sauce	Grated Cheddar Baked beans Tomato sauce
	Chef's hot potato filling of the day	Chef's hot potato filling of the day	Chef's hot potato filling of the day	Chef's hot potato filling of the day	Chef's hot potato filling of the day	Chef's hot potato filling of the day	Chef's hot potato filling of the day
Hot dessert	Caribbean coconut crumble & custard	Wholemeal rye carrot cake with chia seed	Apple streusel tart & custard	Dark chocolate & malted milk cake	Plant-based pear & blackberry pie & soya custard	Chocolate sponge & chocolate sauce	Chef's dessert of the day
	Cut mixed fruit	Cut mixed fruit	Cut mixed fruit	Cut mixed fruit	Cut mixed fruit	Cut mixed fruit	Cut mixed fruit



### Supper menu from Monday 18 to Sunday 24 September

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Main courses	Marinated chicken	Wraps with:	Sweet & sour pork	Bagels with:	Selection of stone	Satay chicken thigh,	Lentil & vegetable
& sides	wings	Shredded kolkata			baked pizzas:	crisp salad,	shepherdess pie,
		chicken/turkey	Black bean beef	Buttermilk fried		vegetable pickles,	green beans
	Peri peri Quorn	Turmeric & pea		chicken	Cherry tomato	siracha bahn mi	
	strips	pilau rice	Sweet chilli tofu		margherita		Chicken & winter
		Charred onion		Vegan 'chicken'		Pork bao bun	vegetable puff
	Crispy breaded	Lemon yoghurt	Noodles		Roast pepper &		pastry pot pie with
	garlic mushrooms	Vucumber		Baby spinach	mozzarella	Marinated tofu	mashed potatoes
			Egg fried rice	Tomato		with crisp salad,	
	Fries	Onion bhaaji		Cheese	Rocket & spinach	vegetable pickles,	
		Tomato & onion	Stir fried vegetables	Pickles	salad	siracha bahn mi	
	Rainbow slaw	salad		Siracha mayo	Spiced potato		
		Falafel	Prawn crackers	Fries	wedges	Rice noodle salad	
	Spicy rice	Raita			Roasted broccoli		
		Flat bread					
	Macho peas				Jacket potatoes		
					Pasta		
Dessert	Classic rocky road	Salted caramel	Spiced banana &	Treacle sponge &	Fruity yoghurt	Plant based iced	Chef's special cake
		sponge & custard	date sponge	toffee custard	granola pots	cinnamon buns	of the day
			Selection of fresh w	l hole fruit, cut fruits,	<u> </u>		



### Lunch menu Monday 25 September to Sunday 1 October

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Beef & mushroom	Lamb keema filled	Fajita spiced	Sticky grilled Thai	Fish of the day	Beef & lentil	Beef lasagne
	bourguignon,	with herby quinoa	chicken, Mexican	style BBQ chicken,		meatballs in	
	mashed potato,	salad, tarka dhal,	rice, jicama salad &	noodles, mango &		tomato & oregano	
	green beans	chilli pickle &	hot salsa wrap	cucumber relish		sauce, pasta,	
		natural yoghurt				crushed tortilla	
Main courses						chips	
	Chickpea falafels,	Grilled auberine &	Fajita Quorn,	Pad Thai, sesame	Quorn fillet	Three-cheese pasta	Mediterranean
	tabbouleh,	halloumi,	roasted vegetables,	wok fried greens,		bake with sweet	vegetable &
	seasonal salads,	marinated	Mexican rice, cumin	Thai style		roasted peppers	spinach lasagne
	hummus, grilled	courgette ribbons	marinated salad &	sweetcorn & tofu			
	pitta bread	& crispy kale	hot salsa wrap	Fritters			
Sides	Honey roasted	Steamed broccoli	Corn on the cob	Sesame green	Chips	Ratatouille	Garlic bread
	carrots & parsnips		Potato wedges	beans	Mushy peas		Garlic & rosemary
					Tartar sauce		roasted roots
					Lemon		
	Grated Cheddar	Grated Cheddar	Grated Cheddar	Grated Cheddar	Grated Cheddar	Grated Cheddar	Grated Cheddar
	Baked beans	Baked beans	Baked beans	Baked beans	Baked beans	Baked beans	Baked beans
	Tomato & basil or	Arrabiata sauce &	Plant-based	Fresh tomato &	Fresh tomato &	Creamy chicken,	Fresh tomato &
Pasta & jacket	l ''	carbonara	bolognaise or red	chunky Italian	spicy meatball	leek, sweetcorn &	herb sauce
potatoes	bechamel sauce		pepper sauce	sausage ragu,	sauce	tarragon sauce	
				beans & oregano			
	Chef's hot potato	Chef's hot potato	Chef's hot potato	Chef's hot potato	Chef's hot potato	Chef's hot potato	Chef's hot potato
	filling of the day	filling of the day	filling of the day	filling of the day	filling of the day	filling of the day	filling of the day
	Apple sultana &	Beetroot brownie	Sticky toffee	Bread & butter	Sticky ginger	Marmalade poppy	Coffee tray cake
Dessert	cinnamon oat		pudding & toffee	pudding	sponge & custard	seed sponge	
	crumble & custard		sauce				
	Cut mixed fruit	Cut mixed fruit	Cut mixed fruit	Cut mixed fruit	Cut mixed fruit	Cut mixed fruit	Cut mixed fruit



### Supper menu Monday 25 September to Sunday 1 October

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Main courses	Smokey pork	Molasses glazed	Bolognaise	Korma chicken	Chicken shawarma	Chicken schnitzel,	Roast chicken,
& sides	sausage, oregano,	chicken wings, aioli,		curry, tarka dhal	or Arayes kofta	pickled cabbage in	stuffing
	paprika,	sesame seeds,	Seared fish in			a soft bun, sweet	
	tomatoes & red	crispy shallots &	creamy dill sauce	Potato, chickpea &	Chermoula glazed	mustard	Vegetable quiche
	onions	lime		spinach curry	vegetable &		
			Creamy toscana		halloumi skewers	Aubergine &	Roast potatoes
	Grilled cauliflower	Tofu coconut &	vegetable, basil &	Cardamom rice,		smoked cheese	Roasted carrots
	steak with hummus	turmeric aubergine	borlotti beans		Bulgur wheat	schnitzel, pickled	and parsnips
		& peas		Mint yoghurt	tabbouleh salad	red cabbage in a	Yorkshire pudding
	Chimichurri sauce		Mixed pasta			soft bun	Gravy
	& salsa criolla	Sticky jasmine rice		Onion & tomato	Spicy fried		
		French beans	Garlic and	salad	Lebanese potatoes	Jacket potatoes	Jacket potatoes
	Baked potatoes	Pickled cucumber	rosemary broccoli			Penne pasta	Penne pasta
	with sea salt &			Tarka dhal	Mint cucumber &	Tomato sauce	Tomato sauce
	chilli	Jacket potatoes	Garlic bread		chilli yoghurt	Grated cheese	Grated cheese
		Penne pasta		Poppadoms			
	Black bean &	Tomato sauce	Rocket salad		Khobez bread		
	tomato salad, roast	Grated cheese		Jacket potatoes			
	squash & chickpeas		Jacket potatoes	Tomato sauce	Jacket potatoes		
			Tomato sauce	Grated cheese	Penne pasta		
	Jacket potatoes		Grated cheese		Tomato sauce		
	Penne pasta				Grated cheese		
	Tomato sauce						
	Grated cheese						
Dessert	Plant-based apricot	Mixed donuts	Banana cake	Lemon tart	Golden syrup	Cupcakes with	Chef's special cake
	& mint betty with				sponge & custard	chocolate frosting	of the day
	soya custard						
			Selection of fresh v	 vhole fruit, cut fruits,	vogburt & toppings		1
			Jeiection of fresh v	viloic iruit, cut iruits,	yognur & toppings		<del></del>



## Lunch menu from Monday 2 to Sunday 8 October

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Beef, courgette,	Lamb, honey &	Flatbread, gyros	Peri-peri chicken	Fish finger wrap,	BBQ glazed pork &	Beef & root
	spinach &	date tagine, lemon	marinated chicken	drumsticks, French	tartar sauce	vegetable meatloaf,	vegetable
	mushroom	& mint couscous &	or pork kofta,	fries, BBQ sauce,		mashed potato &	casserole, mashed
	stroganoff with	harissa yoghurt	salad, sumac	sweetcorn salsa		onion gravy	potato, savoy
	steamed rice		yoghurt sauce				cabbage
Main courses	Seasonal squash,	Plant-based burger	Grilled pitta, spiced	Chermoula glazed	Quorn hot dog with	Chickpea falafels,	Grilled Quorn
iviain courses	feta, pea & mint	with house sauce,	fried aubergine,	vegetable &	roll & salsa	bulgur wheat,	sausages, mashed
	frittata with	lettuce, tomato,	spiced chickpeas,	halloumi skewer,		salad, hummus &	potato, onion gravy
	roasted fennel, red	red onion &	plant-based garlic	tortilla, lettuce,		mint yoghurt sauce	
	peppers & onions	gherkins	yoghurt sauce,	pickled red onion			
			green salad				
Sides	Ratatouille	Roasted squash	Greek style roast	Vegetable medley	Chips	Green beans &	Chips
		· ·	,	vegetable medley			'
	Sautéed greens	with onions	potatoes		Broccoli cheese	peas	Steamed kale and
	Grated Cheddar	Grated Cheddar	French fries Grated Cheddar	Grated Cheddar	bake Grated Cheddar	Grated Cheddar	peas Grated Cheddar
	Baked beans	Baked beans	Baked beans		Baked beans	Baked beans	Baked beans
		Arrabiata &	Plant-based	Baked beans			Fresh tomato &
	Fresh tomato basil			Tomato & Italian	Fresh tomato &	Tomato sauce	
,	Cheesy spinach	carbonara sauces	bolognaise or red	sausage ragu with	spicy meatball	Creamy chicken,	herb sauce
potatoes	bechamel		pepper sauce	beans & oregano	sauce	leek & sweetcorn	
	Chef's hot potato	Chef's hot potato	Chef's hot potato	Chef's hot potato	Chef's hot potato	sauce Chef's hot potato	Chef's hot potato
	•	filling of the day	filling of the day	•	filling of the day	filling of the day	filling of the day
	filling of the day Coconut &	Plant based banana		Banana & chocolate		Chocolate brownie	Chef's dessert of
		& chocolate	Scruttible	chip loaf cake	chocolate icing	Chocolate brownie	the day
Dessert	raspberry sponge	pudding		Cilip Idai Cake	chocolate icing		the udy
	Cut missed for it		Cut maked for th	Cut maked for th	Cut maissa al finnit	Cut makes of facility	Cut maissad for th
	Cut mixed fruit	Cut mixed fruit	Cut mixed fruit	Cut mixed fruit	Cut mixed fruit	Cut mixed fruit	Cut mixed fruit



### Supper menu from Monday 2 to Sunday 8 October

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Main courses	Jerk chicken	Beef chilli or	Buttermilk chicken	Grilled chicken	Chilli dog	Creamy mac &	Chicken & winter
& sides		pulled pork	slider		Brioche rolls	cheese with a	vegetable
	Sweet potato and			Marinated grilled		selection of	casserole, cheesy
	black pea curry	Quorn chilli	Honey & soy glazed	halloumi	Veggie burger patty	toppers	polenta
			ginger smoked tofu				
	Jerk gravy	Steamed rice		Crisp kos lettuce	Smoked cheese	Bacon	Mediterranean
	Rainbow slaw		Sweet potato	Anchovies	Brioche bun	Pulled pork	vegetable
	Rice and peas	Iceberg lettuce	bravas, gochujang	Shaved Parmesan		Sliced chicken	casserole, cannellini
	Fried plantain	Chopped tomatoes	mayo	Free range egg	Beef tomato	Crispy onion	beans & red pesto,
		Refried beans	Pickled cabbage	Plum tomatoes	Baby gem lettuce	Chopped tomato	cheesy polenta
	Ginger beer	Tomato salsa	Smashed cucumber	Herby garlic	Slaw	Baby spinach	
		Sour cream		croutons	Fries	Sweetcorn	Jacket potatoes
	Jacket potatoes	Wrap	Jacket potatoes	New potatoes		Peas	Wholemeal pasta
	Wholemeal pasta	Corn taco shell	Wholemeal pasta		Jacket potatoes	Rocket salad	Tomato sauce
	Tomato sauce		Tomato sauce	Jacket potatoes	Wholemeal pasta	Garlic bread	Grated cheese
	Grated cheese	Jacket potatoes	Grated cheese	Pasta	Tomato sauce		
		Pasta	Salad	Tomato sauce	Grated cheese	Jacket potatoes	
		Tomato sauce		Grated cheese	Salsa	Pasta	
		Grated cheese				Tomato sauce	
						Grated cheese	
Dessert	Carrot cake	Apple, blackcurrant	Banoffee pie pots	Butterscotch	Raspberry ripple &	Lemon & poppy	Chef's special cake
		& oat muffins		sponge & custard	lemon curd	seed sponge with	of the day
					cheesecake pot	lemon drizzle sauce	



## Lunch menu from Monday 9 to Friday 13 October

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Chilli con carne,	Smokey Mexican	Peri-peri marinated	Beef tagine,	Cajun spiced fish
	steamed rice,	spice char-grilled	chicken, French	couscous & lentils,	burgers, fajita
	tomato salsa, sour	chicken, rice, tangy	fries, BBQ sauce		mayo, smoked chilli
	cream, nachos	lime & jalapeno			slaw
		sauce & crispy fried			
Main courses		onions			
Iviaiii courses	Indian tikka masala,	Baked aubergine,	Borlotti bean &	Aromatic roasted	Cajun spiced vegan
	Quorn ball,	spiced quinoa,	tomato stew, rice	squash, sweet	burgers, fajita
	Flatbread, onion &	tomato masala	piquillo peppers,	potato & black	mayo, smoked chilli
	coriander salad &	sauce, rocket salad	baby spinach	bean stew,	slaw
	mint & cucumber			couscous & lentils,	
	yoghurt				
Sides	Steamed curly kale	Charred broccoli	Parmesan & thyme	Roasted squash	Chips
	& savoy cabbage		roasted courgettes	and labneh	Cauliflower cheese
			French fries		
				Beetroot, cucumber	
				& tomato salad	
	Grated Cheddar	Grated Cheddar	Grated Cheddar	Grated Cheddar	Grated Cheddar
	Baked beans	Baked beans	Baked beans	Baked beans	Baked beans
Pasta & jacket	Chunky beef	Pork, pear &		Creamy cod, pea &	Aubergine &
potatoes	bolognaise	rosemary stew		dill sauce	courgette ragu
	Chef's hot potato	Chef's hot potato	Chef's hot potato	Chef's hot potato	Chef's hot potato
	filling of the day	filling of the day	filling of the day	filling of the day	filling of the day
	Caribbean coconut	Wholemeal rye	Apple streusel tart	Dark chocolate &	Plant-based pear &
Hot dessert	crumble & custard	carrot cake with	& custard	malted milk cake	blackberry pie &
Hot dessert		chia seed			soya custard
	Cut mixed fruit	Cut mixed fruit	Cut mixed fruit	Cut mixed fruit	Cut mixed fruit



# Supper menu from Monday 9 to Friday 13 October

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main courses	Marinated chicken	Wraps with:	Sweet & sour pork	Bagels with:	Selection of stone
& sides	wings	Shredded kolkata			baked pizzas:
		chicken/turkey	Black bean beef	Buttermilk fried	
	Peri peri Quorn	Turmeric & pea		chicken	Cherry tomato
	strips	pilau rice	Sweet chilli tofu		margherita
		Charred onion		Vegan 'chicken'	
	Crispy breaded	Lemon yoghurt	Noodles		Roast pepper &
	garlic mushrooms	Vucumber		Baby spinach	mozzarella
			Egg fried rice	Tomato	
	Fries	Onion bhaaji		Cheese	Rocket & spinach
		Tomato & onion	Stir fried vegetables	Pickles	salad
	Rainbow slaw	salad		Siracha mayo	Spiced potato
		Falafel	Prawn crackers	Fries	wedges
	Spicy rice	Raita			Roasted broccoli
		Flat bread			
	Macho peas				Jacket potatoes
					Pasta
Dessert	Classic rocky road	Salted caramel	Spiced banana &	Treacle sponge &	Fruity yoghurt
		sponge & custard	date sponge	toffee custard	granola pots
		Selection of fresh w	hole fruit, cut fruits,	yoghurt & toppings	