



Lunch

Week One January to March

PROUDLY NOURISHED BY



LODESTONE
HOUSE



Monday

Mains
Caribbean Coconut
Chicken Curry
Jerk Aubergine & Bean Curry

Sides
Roasted Carrots
Sautéed Broccoli
Coconut Rice

Salad
Persian Potato Salad Crispy
Chickpeas & Grilled Courgettes
English Garden & Giant Pearled
Couscous
Tuscan Bean salad

Desserts
Ginger &
Pineapple Pudding
Japanese Cheesecake
Lime Jelly

Tuesday

Pasta Carbonara
Pasta Pomodoro
Garlic Bread

Peas
Baked Cauliflower
Steamed Broccoli

Roasted Butternut Squash &
Chickpea Salad with Sun-Dried
Tomatoes & Feta
Green Lentil Lemon Rocket &
Heritage Tomato Salad

Spiced Aubergine with Roasted
Onions Chilli & Mint

Orange Glazed Sticky Sponge
Date Crumble Bar
Strawberry Jelly & Cream

Wednesday

Mexican Pulled Chicken Carnitas
Shredded Mushroom Carnitas

Spiced Dirty Rice
Tomato Lime Salsa
Guacamole

Pasta and Mixed Beans in a Pesto
Dressing
Rainbow Slaw with Jerk Spiced
Black Bean & Pineapple Salsa
Green Lentils Cumin Roasted
Carrot & Broccoli With Mint

Apple Crumble
Vanilla Sponge Trifle
Orange jelly

Thursday

Beef Pasticcio & Garlic Bread
Mac & Cheese & Garlic Bread

Roasted Pepper & Courgette
Garlic Mushrooms
Roasted Roots

Greek Style White Bean Salad
with Red & Yellow Cherry
Tomatoes, Pickled Red Onion,
Rocket, Dill & Oregano
Lentil Chargrilled Aubergine
Tomato Salad

Butterbeans with Sweet Chilli
Sauce & Fresh Herbs

Sticky Toffee Cake
Granola Berry Yoghurt
Lime Jelly & Cream Pot

Friday

Fish Fingers
Vegan Fish Fingers
Fish Special

Peas
Mushy Peas
Chips

Crushed Pea Mint & Charred
Courgette Garlic Chive Oil
Bulgarwheat Salad
Sweet Sticky Parsnip Salad

Spelt Grain, Roasted Aubergine &
Caramelised Shallot Salad
Jam & Chocolate Doughnuts
Seasonal Fruit Salad
Forest Fruit Jelly & Cream

Daily Options

Daily Specials

Selection of Freshly Made Soups,
Home-baked Bread & Jacket Potatoes
with a Choice of Toppings.

Deli Bar

A Selection of Deli Filling & Freshly Baked
Bread

Salads

Selection of Freshly made, Sustainable
Composite Salads & Variety of Raw
Vegetables, Grains, & Proteins.

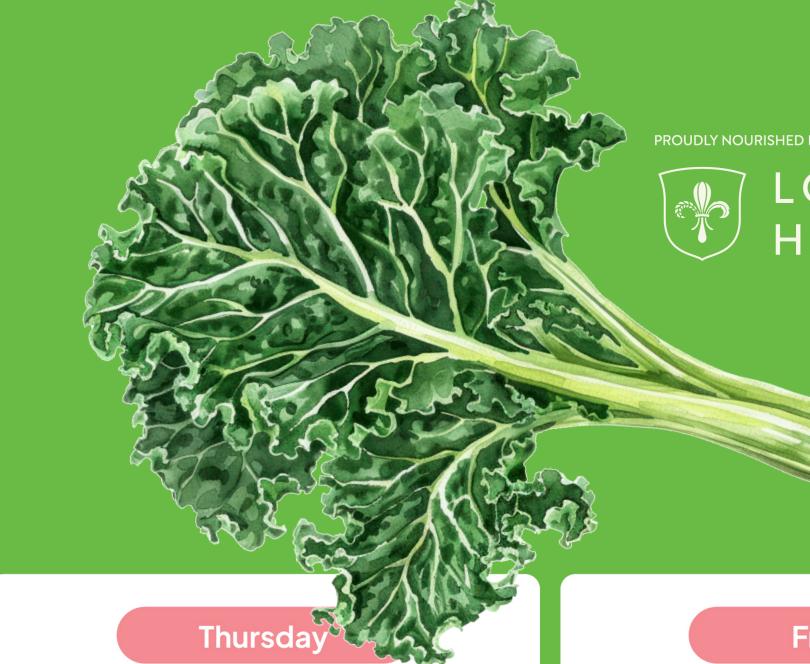
Chilled Desserts

Dessert Pots, Yoghurts,
Selection of Fresh Fruit.



Lunch

Week Two January to March



PROUDLY NOURISHED BY



LODESTONE
HOUSE

	Monday	Tuesday	Wednesday	Thursday	Friday
Mains	Thai Massaman Curry Vegetarian Thai Massaman Curry	Pasta Pomodoro Cheesy Pesto Pasta Garlic Bread	Chicken Tagine Cauliflower & Lentil Sausage Roll Falafel & Vegetable Skewer with Tzatziki	Chipotle Beef Taco Mexican Veggie Tortilla Pie Black Bean Stew	Sausage Rolls Vegan Pasty
Sides	Stir Fried Vegetables Roasted Broccoli with Chilli Lime & Coriander Rice	Lemon & Herb Broccoli Caraway Carrots Sauté Potatoes	Carrots, Cabbage & Kale Cauliflower Lemon & Minted Couscous	Roasted Vegetables Salted Pepper Rice Soft Tacos	Peas Mushy Peas Chips
Salad	Beetroot, Spelt Grain, Burnt Onion, Spinach & Tarragon Dressing Korean Style Roasted Broccoli, Mushroom & Lentil with Sesame & Kimchi Cauliflower Potato & Pesto Salad	Classic Greek Salad Turkish Chickpea Aubergine Salad Spiced with Cumin Paprika Parsley & Dill Crushed Pea Mint & Charred Courgette Salad	Harissa Spiced Squash, Kale, Green Apple, Red Quinoa & Toasted Seeds Cannellini Bean Cherry Tomato & Rosemary Salad Coronation Cauliflower Diced Pineapple & Spicy Chilli Salad	Tomato Rocket & Italian Cheese Salad Italian Pasta Salad Sweetcorn & Red Kidney Bean Salad	Roasted Peppers, Onions & Aubergine Salad with Pasta Beetroot Fennel & Feta Salad Mexican Bean Tomato & Coriander Salad
Desserts	Apple Flapjack Banana & Orange Cake Fruit Strawberry Jelly	Courgette Cake Portuguese Custard Tart Natural Yoghurt with Raspberry Coulis	Cherry Crumble Yoghurt, Pear & Raspberry Eton Mess Orange jelly	Apple Sponge Orange & Chocolate Chip Shortbread Raspberry Jelly	Cookie Selection Raspberry Jelly with Cream Seasonal Fruit Salad

Daily Options	Daily Specials	Deli Bar	Salads	Chilled Desserts
	Selection of Freshly Made Soups, Home-baked Bread & Jacket Potatoes with a Choice of Toppings.	A Selection of Deli Filling & Freshly Baked Bread	Selection of Freshly made, Sustainable Composite Salads & Variety of Raw Vegetables, Grains, & Proteins.	Dessert Pots, Yoghurts, Selection of Fresh Fruit.



Lunch

Week Three January to March

PROUDLY NOURISHED BY



LODESTONE
HOUSE



	Monday	Tuesday	Wednesday	Thursday	Friday
Mains	Garlic Chinese Chicken Noodles Chilli Vegetarian Noodles	Chicken & Chorizo Paprika Pasta Bake Pesto Pasta Bake	Dipna Anand's Butter Chicken Pilau Rice Chana Masala Potato Curry Pilau Rice	Beef Lasagne Roasted Squash Lasagne Garlic Bread	Fish Fingers Chef Special Fish of the Day Vegan Nuggets
	Roasted Savoy Cabbage Fried Rice Garlic Greens	Vegetable Medley Roasted Peppers & Courgettes	Roasted Vegetable Bhaji Pilau & Pea Rice Crispy Masala Potatoes	Cumin Seed Roasted Corn Gluten Free Penne Pomodoro Garden Peas	Peas Mushy Peas Chips
	Pickled Watermelon Smashed Cucumber Mint & Feta Salad Crunchy Cabbage, Carrot, Pepper, Onion, Coriander, Chill & Lime Peruvian Slaw Chickpea Beetroot & Avocado Salad Box with Roasted Butternut Squash	Quinoa Supercauli Salad Coriander Dressing Giant Cous Cous with Lemon & Herbs Sweetcorn & Red Kidney Bean	Black Bean Quinoa & Lime Salad Roast Sweet Potato Kale Salad with Vegan Dressing Lentil, Beetroot & Orange	Aubergine & Lentil Salad Mediterranean Potato Salad Popped Blackbean with Raw Roots Chipotle & Avocado Salad	Curried Chickpea & Roasted Cauliflower Salad With Baby Spinach & Coriander Brown Rice, Avocado & Saffron Yoghurt
	Apricot Flapjack Honey, Greek Yoghurt & Granola Pot Apple Crumble Layer Pot	Lemon Drizzle Cake Forest Fruit Yoghurt Pineapple Fruit Pot	Chocolate Brownie Oaty Fruit Slice Pineapple Pot	Honey Cake Fruit Salad Pot Natural Yoghurt Pot	Zero Waste Cauliflower Tabbouleh Double Chocolate Chip Cookies Granola Yoghurt Fruit Pot Wibble Raspberry Jelly

Daily Options	Daily Specials	Deli Bar	Salads	Chilled Desserts
	Selection of Freshly Made Soups, Home-baked Bread & Jacket Potatoes with a Choice of Toppings.	A Selection of Deli Filling & Freshly Baked Bread	Selection of Freshly made, Sustainable Composite Salads & Variety of Raw Vegetables, Grains, & Proteins.	Dessert Pots, Yoghurts, Selection of Fresh Fruit.