



Lunch

Week One January to March



	Monday	Tuesday	Wednesday	Thursday	Friday
Mains	Caribbean Coconut Chicken Curry Jerk Aubergine & Bean Curry	Pasta Carbonara Pasta Pomodoro Garlic Bread	Mexican Pulled Chicken Carnitas Shredded Mushroom Carnitas	Beef Pasticcio & Garlic Bread Mac & Cheese & Garlic Bread	Fish Fingers Vegan Fish Fingers Fish Special
Sides	Roasted Carrots Sautéed Broccoli Coconut Rice	Peas Baked Cauliflower Steamed Broccoli	Spiced Dirty Rice Tomato Lime Salsa Guacamole	Roasted Pepper & Courgette Garlic Mushrooms Roasted Roots	Peas Mushy Peas Chips
Salad	Persian Potato Salad Crispy Chickpeas & Grilled Courgettes English Garden & Giant Pearled Couscous Tuscan Bean salad	Roasted Butternut Squash & Chickpea Salad with Sun-Dried Tomatoes & Feta Green Lentil Lemon Rocket & Heritage Tomato Salad Spiced Aubergine with Roasted Onions Chilli & Mint	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	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	Crushed Pea Mint & Charred Courgette Garlic Chive Oil Bulgurwheat Salad Sweet Sticky Parsnip Salad Spelt Grain, Roasted Aubergine & Caramelised Shallot Salad
Desserts	Ginger & Pineapple Pudding Japanese Cheesecake Lime Jelly	Orange Glazed Sticky Sponge Date Crumble Bar Strawberry Jelly & Cream	Apple Crumble Vanilla Sponge Trifle Orange jelly	Sticky Toffee Cake Granola Berry Yoghurt Lime Jelly & Cream Pot	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



	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 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 Three January to March



	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
Sides	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
Salad	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 Zero Waste Cauliflower Tabbouleh
Desserts	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	Double Chocolate Chip Cookies Granolla Yoghurt Fruit Pot Wibble Raspberry Jelly
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.