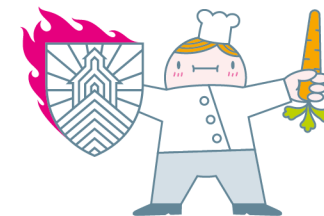


WHAT'S FOR LUNCH? WEEK 1



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Sweet Potato Mac & Cheese OR Roasted Vegetable & Tomato Sauce with Fusilli	Chicken Sausages OR (Lamb) Shepherd's Pie	Spaghetti with choice of sauces: Tomato, Chilli & Chicken Sausage	Chicken Tandoori Masala Marinated Chicken Thigh	Panko Breaded Coley Goujons
MAIN (OPTION 2)	Jacket Potatoes: Sweet Potato or Regular Potato Vegan Chilli or Tuna Mayo	Vegetable Sausage	Creamy Smoked Salmon & Pea Roasted Vegetable & Tomato Sauce	Vegetable Samosa – Potato, Carrot, Chilli & Pea	Stuffed Peppers with Chilli & Cheese
SIDES Where main includes, portion will be offered as optional extra	Mixed Leaf, Tomato, Cucumber, Olive & Balsamic Dressing	Vegetable Gravy	Mixed Leaf, Tomato, Cucumber, Olive & Balsamic Dressing	Pilau Rice Mint Yoghurt	Potato Wedges Mixed Salad Leaves
VEGETABLES	Steamed Peas	Roast Carrots & Parsnips Mash Potato	Garlic, Chilli & Lemon Green Beans	Cucumber, Red Onion, Chickpea, Chilli, Coriander & Tomato Salad	Roast Broccoli
BREAD	Garlic & Herb Focaccia		Garlic & Herb Focaccia	Chilli, Cumin & Garlic Naan	
DESSERT	Fresh Fruit or Yoghurt	Lemon Drizzle Sponge Cake	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Apple & Berry Crumble with Custard

Weeks commencing: 02/09/24, 23/09/24, 14/10/24, 11/11/24, 02/12/24 **Wherever possible, all food is homemade**

CPD Day Monday 2nd September & Tuesday 3rd September – Separate menu will be displayed for staff

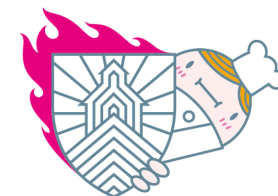
WHAT'S FOR LUNCH? WEEK 2



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Basil Pesto & Crème Fraiche Sauce Fusilli OR Roasted Vegetable & Tomato Sauce Fusilli	Berber Chicken Thigh Traybake with Sweet Potato, Orange & Chickpea	Mixed Vegetable Lasagne	Beef Burger	Panko Breaded Coley Goujons
MAIN (OPTION 2)	Jacket Potatoes: Sweet Potato or Regular Potato Vegan Chilli or Tuna Mayo	Mushroom, Onion, Pepper & Cheddar Quesadilla	Roasted Vegetable & Tomato Sauce Fusilli	Spicy Bean Burger	Spinach, Feta & Lemon Filo Pie
SIDES Where main includes, portion will be offered as optional extra	Mixed Leaf, Tomato, Cucumber, Olive & Balsamic Dressing	Spiced Rice with Onion, Sweetcorn, Pepper & Kidney Beans	Beetroot, Orange, Tomato & Mixed Leaf Salad with Balsamic Dressing	Couscous with Roasted Aubergine, Pepper, Onion, Pomegranate & Herbs	Potato Wedges Mixed Salad Leaves
VEGETABLES	Steamed Peas	Pickled Guindilla Chilli's		Harissa Roasted Carrots	Roast Broccoli
BREAD	Garlic & Herb Focaccia		Garlic & Herb Focaccia	Burger Buns	
DESSERT	Fresh Fruit or Yoghurt	Cardamon & Orange Sponge Cake	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Apple & Raisin Flapjack

Weeks commencing 09/09/24, 30/09/24, 21/10/24, 18/11/24, 09/12/24 **Wherever possible, all food is homemade on site**

WHAT'S FOR LUNCH? WEEK 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Smoked Pepper & Mascarpone Pesto Fusilli OR Roasted Vegetable & Tomato Sauce Fusilli	Boneless Panko Breaded Chicken Thigh Katsu Curry Sauce	Focaccia Base Pizza with Tomato & Vegetable Sauce, Mozzarella, Tomato & Basil	Jerk Chicken Thighs	Panko Breaded Coley Goujons
MAIN (OPTION 2)	Jacket Potatoes: Sweet Potato or Regular Potato Vegan Chilli or Tuna Mayo	Panko Breaded Aubergine Steak Katsu Curry Sauce	Mediterranean style Butterbean, Tomato, Pepper, Fennel, New Potato & Paprika Stew	Jerk Spiced Sweet Potato & Kidney Bean Patty	Roasted Pepper, Onion, Squash & Pesto Puff Pastry Tart
SIDES Where main includes, portion will be offered as optional extra	Mixed Leaf, Tomato, Cucumber, Olive & Balsamic Dressing	Steamed Rice	Mixed Salad Leaves	Rice & Kidney Beans with Coconut, Thyme & Scotch Bonnet	Potato Wedges Mixed Salad Leaves
VEGETABLES	Steamed Peas	Shaved Carrot, Coriander, Beansprouts, Red Cabbage & Chilli Salad		Honey & Thyme Roast Carrots	Roast Broccoli
BREAD	Garlic & Herb Focaccia		Garlic & Herb Focaccia – Served with Mediterranean Stew		Wholemeal Bread
DESSERT	Fresh Fruit or Yoghurt	Butternut Squash Cupcakes & Cream Cheese Topping	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Upside-Down Pear & Cinnamon Cake

Weeks commencing: 16/09/24, 07/10/24, 04/11/24, 25/11/24, 16/12/24 **Wherever possible, all food is homemade on site**

CPD Day Monday 4th November – Separate menu will be displayed for staff