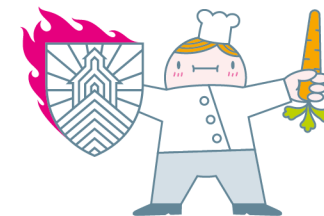


WHAT'S FOR LUNCH? WEEK 1



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Chicken Sausage, Broccoli, Red Pesto & Crème Fraiche Pasta OR Roasted Vegetable & Tomato Sauce Pasta	Beef, Tomato & Pepper Madras Curry	Spaghetti with: Creamy Salmon, Parsley & Pea Sauce	Roast Chicken, Squash, Leek & Parsley Pie	Panko Breaded Coley Goujons
MAIN (OPTION 2)	Jacket Potatoes: Sweet Potato or Regular Potato Vegan Chilli or Tuna & Cheese	Sweet Potato, Coconut & Chickpea Curry	Creamy Mushroom & Tofu Sauce	Cauliflower, Leek & Cheddar Pie	Squash, Red Onion & Goats Cheese Frittata
SIDES Where main includes, portion will be offered as optional extra	Mixed Leaf, Tomato, Cucumber, Olive & Balsamic Dressing	Steamed Brown Rice		Vegetable Gravy	Potato Wedges Mixed Salad Leaves
VEGETABLES	Steamed Peas		Fennel, Orange, Cucumber & Apple Salad with Honey Mustard Dressing	Mashed Potato Roast Carrots & Parsnips	Roast Broccoli
BREAD	Garlic & Herb Focaccia		Garlic & Herb Focaccia		
DESSERT	Fresh Fruit or Yoghurt	Blueberry & Lemon Sponge Cupcakes	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	White Chocolate & Cranberry Cookie

Weeks commencing 01/09, 22/09, 13/10, 10/11, 01/12

CPD Day Monday 1st September & Tuesday 2nd September Separate Menu will be displayed to staff.

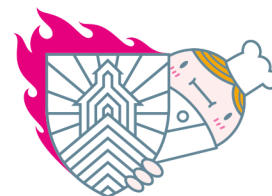
WHAT'S FOR LUNCH? WEEK 2



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Basil Pesto & Crème Fraiche Fusilli OR Roasted Vegetable & Tomato Sauce Fusilli	Shawarma Spiced Chicken Thigh	Pineapple, Sweetcorn & Pea Fried Rice	Beef Lasagne	Panko Breaded Coley Goujons
MAIN (OPTION 2)	Jacket Potatoes: Sweet Potato or Regular Potato Vegan Chilli or Tuna & Cheese	Shawarma Spiced Cauliflower Steak with Pomegranate Molasses & Sesame Seeds	Egg Noodles with Broccoli, Red Onion, Bell Pepper	Mixed Vegetable Lasagne	Roasted Vegetable Tartlet Vegan Puff Pastry & Fresh Herbs
SIDES Where main includes, portion will be offered as optional extra	Mixed Leaf, Tomato, Cucumber, Olive & Balsamic Dressing	Tahini Garlic Yoghurt Roasted Carrot Hummus		Rocket Leaves & Balsamic Glaze	Potato Wedges Mixed Salad Leaves
VEGETABLES	Steamed Peas	Roasted New Potatoes, Butternut Squash & Red Onion Medley	Red Cabbage, Carrot, Chilli & Tamari Roasted Pumpkin Seeds	Steamed Green Beans with Lemon & Garlic	Roast Broccoli
BREAD	Garlic & Herb Focaccia				
DESSERT	Fresh Fruit or Yoghurt	Cocoa & Cherry Sponge Cake	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Apple, Pear & Blackberry Crumble with Custard

Weeks commencing: 08/09, 29/09, 20/10, 17/11, 08/12

WHAT'S FOR LUNCH? WEEK 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Spaghetti with: Tuna, Chilli, Olive & Parsley Ragu OR Roasted Vegetable & Tomato Sauce	Peri Peri Chicken Breast Burger	Focaccia Base Pizza with Tomato & Vegetable Sauce, Mozzarella, Tomato & Basil	Chicken Birria Tacos – Slow Cooked Beef, Mozzarella & Coriander	Panko Breaded Coley Goujons
MAIN (OPTION 2)	Jacket Potatoes: Sweet Potato or Regular Potato Vegan Chilli or Tuna & Cheese	Bean Burger with Garlic Roasted Portobello Mushroom	Spinach, Broccoli, Garlic & Chilli Greens Sauce with Rigatoni Pasta	Mushroom, Onion, Pepper & Cheddar Quesadilla	Harissa Stew with Butterbean, Chickpea, Pepper & Olive
SIDES Where main includes, portion will be offered as optional extra	Mixed Leaf, Tomato, Cucumber, Olive & Balsamic Dressing	Potato Wedges Sliced Tomato Lettuce Leaves	Mixed Salad Leaves	Pico de Gallo Guacamole	Garlic & Rosemary Roast Potatoes Mixed Salad Leaves
VEGETABLES	Steamed Peas	Baked Corn on the Cob with Lime & Chilli		Spiced Rice with Onion, Sweetcorn, Pepper & Kidney Beans	Roast Broccoli
BREAD	Garlic & Herb Focaccia		Garlic & Herb Focaccia – Served with Pasta only		
DESSERT	Fresh Fruit or Yoghurt	Orange & Poppy Seed Drizzle Loaf	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Beetroot Chocolate Brownie

Weeks commencing: 15/09, 06/10, 03/11, 24/11, 15/12