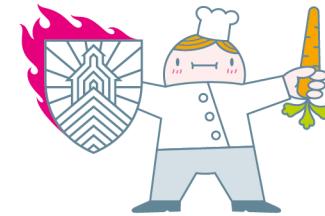


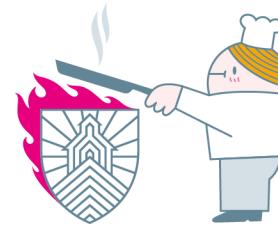
WHAT'S FOR LUNCH? WEEK 1



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Basil Pesto & Crème Fraiche Fusilli OR Roasted Vegetable & Tomato Sauce Fusilli	Chicken, Pepper & Sweet Potato Tikka Curry	Creamy Pumpkin & Mascarpone Sauce with Rigatoni Pasta	Beef Sausages	Panko Breaded Coley Goujons
MAIN (OPTION 2)	Jacket Potatoes: Sweet Potato or Regular Potato Vegan Chilli or Tuna & Cheese	Chickpea, Pepper & Sweet Potato Tikka Curry	Prawn, Garlic, Chilli & Tomato Sauce with Rigatoni Pasta	Vegan Sausages	Chunky Roasted Vegetable Lasagne
SIDES Where main includes, portion will be offered as optional extra	Gem Lettuce, Plum Tomato, Cucumber, Olive & Balsamic Glaze	Steamed Basmati Rice	Rocket Leaves, Cherry Tomato, Avocado, Cucumber & Balsamic Glaze	Vegetable Gravy	Roasted New Potatoes with Fresh Herbs Mixed Salad Leaves
VEGETABLES	Steamed Peas	Onion & Spinach Bhaji	Steamed Tenderstem Broccoli & Beans with Basil, Lemon & Garlic	Mashed Potato Roast Carrots & Parsnips	Roast Broccoli
BREAD	Garlic & Herb Focaccia		Garlic & Herb Focaccia		
DESSERT	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Lemon Cheesecake	Fresh Fruit or Yoghurt	Tahini & Dark Chocolate Cookie

Weeks commencing: 12th January, 2nd February, 2nd March & 23rd March

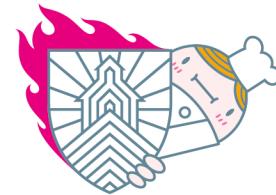
WHAT'S FOR LUNCH? WEEK 2



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Turkey Sausage, Broccoli, Red Pesto & Crème Fraiche Pasta OR Roasted Vegetable & Tomato Sauce Pasta	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	Butternut Squash Macaroni Cheese Bake	Tenderstem Broccoli, Pea & Feta Frittata
SIDES Where main includes, portion will be offered as optional extra	Gem Lettuce, Plum Tomato, Cucumber, Olive & Balsamic Glaze	Tahini Garlic Yoghurt Roasted Carrot Hummus		Rocket Leaves, Cherry Tomato, Avocado, Cucumber & Balsamic Glaze	Potato Wedges Mixed Salad Leaves
VEGETABLES	Steamed Peas	Cinnamon & Bay Rice	Red Cabbage, Carrot, Chilli & Tamari Roasted Pumpkin Seeds	Steamed Tenderstem Broccoli & Beans with Basil, Lemon & Garlic	Roast Broccoli
BREAD	Garlic & Herb Focaccia				
DESSERT	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Pineapple & Cinnamon Upside-Down Cake	Fresh Fruit or Yoghurt	Ginger Biscuits

Weeks commencing: 19th January, 9th February & 9th March

WHAT'S FOR LUNCH? WEEK 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	'Rasta Pasta' Jerk Spiced Creamy Sauce with Peppers OR Roasted Vegetable & Tomato Sauce	Salsa Verde Chicken Breast Burger	Focaccia Base Pizza with Tomato & Vegetable Sauce, Mozzarella, Tomato & Basil	Nut Free Satay Chicken Thigh	Panko Breaded Coley Goujons
MAIN (OPTION 2)	Jacket Potatoes: Sweet Potato or Regular Potato Vegan Chilli or Tuna & Cheese	Plant Based Burger with Garlic Roasted Portobello Mushroom	Spinach, Broccoli, Garlic & Chilli Greens Sauce with Rigatoni Pasta	Nut Free Satay Tofu & Aubergine Skewers Satay Coconut Sauce	Roasted Vegetable Tartlet Vegan Puff Pastry & Fresh Herbs
SIDES Where main includes, portion will be offered as optional extra	Gem Lettuce, Plum Tomato, Cucumber, Olive & Balsamic Glaze	Potato Wedges Sliced Tomato Baby Gem Lettuce	Kidney Bean, Roasted Corn, Tomato, Red Onion & Lettuce Salad	Steamed Rice Papaya, Carrot, Pepper, Beansprout Salad	Roasted Potatoes Mixed Salad Leaves
VEGETABLES	Steamed Peas	Baked Corn on the Cob with Lime & Chilli		Sesame & Chilli Green Beans	Roast Broccoli
BREAD	Garlic & Herb Focaccia		Garlic & Herb Focaccia – Served with Pasta only		
DESSERT	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Coconut & Raspberry Jam Sponge Cake	Fresh Fruit or Yoghurt	Orange, Pumpkin Seed & Date Flapjack

Weeks commencing: 26th January, 23rd February & 16th March