

WHAT'S FOR LUNCH? WEEK 1

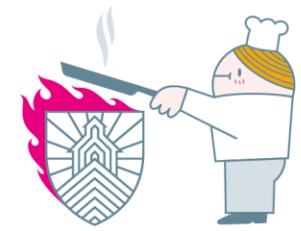


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Spinach, Broccoli, Pea & Basil Pesto Crème Fraiche Pasta OR Roasted Veg & Tomato Pasta	Chicken, Pepper & Sweet Potato Curry	Creamy Salmon, Chive & Pea Pasta OR Roasted Vegetable & Tomato Pasta	Sticky Pomegranate Molasses Chicken Thigh	Panko Breaded Tilapia Goujons
MAIN (OPTION 2)	Jacket Potatoes: Choice of Two Toppings: Vegan Chilli, Tuna, Cheese	Pepper, Chickpea & Sweet Potato Curry	Jacket Potatoes: Choice of Two Toppings: Baked Beans, Tuna, Cheese	Spinach, Red Onion & Feta Cheese Parcel	Stuffed Jacket Potato with Mushroom, Pepper & Mozzarella
SIDES Where main includes, portion will be offered as optional extra	Gem Lettuce, Plum Tomato, Cucumber, Olive & Balsamic Glaze	Steamed Rice Mango Chutney	Gem Lettuce, Plum Tomato, Cucumber, Olive & Balsamic Glaze	Pomegranate & Coriander Rice Chickpea Hummus	Mixed Salad Leaves Tartare Sauce & Ketchup
VEGETABLES	Steamed Peas	Radish, Tomato, Cucumber and Red Onion Salad with Mint & Sumac	Steamed Peas	Honey & Dukkha Roasted Carrots Tahini Garlic Yoghurt	Roast Broccoli Potato Wedges
BREAD	Garlic & Herb Focaccia	Roti	Garlic & Herb Focaccia		
DESSERT	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Cocoa & Cherry Cupcake	Fresh Fruit or Yoghurt	Orange, Cranberry, Pumpkin & Date Flapjack

Weeks commencing: 4th May, 1st June, 22nd June & 13th July.

Week Commencing 13th April - Separate menu for week to be displayed. Monday 5th May – Closed – Bank Holiday

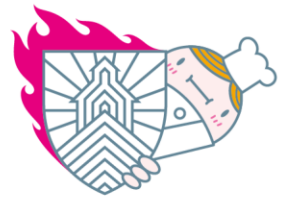
WHAT'S FOR LUNCH? WEEK 2



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Spaghetti Served with: Tuna, Olive & Parsley Sauce OR Roasted Vegetable & Tomato Sauce	Berberé Chicken Thigh Traybake with Sweet Potato, Orange & Chickpea	Pineapple, Sweetcorn & Pea Fried Rice	Beef Lasagne	Panko Breaded Tilapia Goujons
MAIN (OPTION 2)	Jacket Potatoes: Choice of Two Toppings: Vegan Chilli, Tuna, Cheese	Butternut Squash, Bell Pepper, Onion & Chickpea Tagine	Egg Noodles with Broccoli, Red Onion, Bell Pepper	Chunky Vegetable Lasagne	Panko Breaded Oyster Mushroom Goujons
SIDES Where main includes, portion will be offered as optional extra	Gem Lettuce, Plum Tomato, Cucumber, Olive & Balsamic Glaze	Lemon & Coriander Rice	Spring Onion, Chilli, Red Cabbage, Pepper, Coriander & Carrot Slaw	Gem Lettuce, Plum Tomato, Cucumber, Olive & Balsamic Glaze	Mixed Salad Leaves Tartare Sauce & Ketchup
VEGETABLES	Steamed Peas	Steamed Green Beans & Tenderstem Broccoli		Steamed Peas	Roast Broccoli Potato Wedges
BREAD	Garlic & Herb Focaccia			Garlic Bread	
DESSERT	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Stem Ginger & Honey Cake	Fresh Fruit or Yoghurt	Beetroot & Chocolate Brownie

Weeks commencing: 20th April, 11th May, 8th June & 29th June

WHAT'S FOR LUNCH? WEEK 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Butternut Squash Mac & Cheese OR Roasted Vegetable & Tomato Sauce Pasta	Katsu Curry Sauce with choice of Panko Boneless Chicken Thigh	Prawn, Fennel, Pepper & Harissa Pasta OR Roasted Vegetable & Tomato Pasta	Slow Cooked Beef, Pepper, Mushroom, Onion & Kidney Bean Quesadilla	Panko Breaded Tilapia Goujons
MAIN (OPTION 2)	Jacket Potatoes: Choice of Two Toppings: Vegan Chilli, Tuna, Cheese	Or Panko Tofu Steak	Jacket Potatoes: Choice of Two Toppings: Baked Beans, Tuna, Cheese	Pepper, Mushroom, Onion & Kidney Bean Quesadilla	Roasted Vegetable & Puff Pastry Tartlet
SIDES <i>Where main includes, portion will be offered as optional extra</i>	Gem Lettuce, Plum Tomato, Cucumber, Olive & Balsamic Glaze	Steamed Rice	Gem Lettuce, Plum Tomato, Cucumber, Olive & Balsamic Glaze	Peri Peri Rice	Mixed Salad Leaves Tartare Sauce & Ketchup
VEGETABLES	Steamed Peas	Red Cabbage, Coriander & Carrot Slaw	Steamed Peas	Sweetcorn, Pepper, Red Onion, Jalapeno & Coriander Salsa	Roast Broccoli Potato Wedges
BREAD	Garlic & Herb Focaccia		Garlic & Herb Focaccia		
DESSERT	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Blueberry & Banana Muffins	Fresh Fruit or Yoghurt	Orange & Poppy Seed Drizzle Cake

Weeks commencing: 27th April, 18th May, 15th June, 6th July