WHAT'S FOR LUNCH? WEEK 1



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Vegetable Lasagne	Chicken Schnitzel	Pumpkin & Potato Gnocchi with Basil	Homemade Beef Burger	Coconut, Tomato & Pepper Masala Curry
		Pesto Sauce		Lightly Spiced Fish
Lentil Spaghetti Bolognese	Butternut Squash Schnitzel	Roasted Tomato Sauce with Fusilli	Veggie Burger	Lentil Dhal
				Onion & Potato Bhaji
Mixed Lettuce,	Salsa Verde Steamed New Potatoes	Mixed Lettuce, Cucumber & Tomato Salad	Paprika & Herb Potato Wedges	Basmati Rice
Salad			Ketchup	
Thyme Peas	Garlic Green Beans	Roasted Broccoli	Roasted Carrots	Lemon & Chili Cauliflower
Garlic & Rosemary Focaccia	Wholemeal Bread	Garlic & Rosemary Focaccia	Homemade Seeded Burger Bun	Flatbread
Fresh Fruit or Yoghurt	Rye & Chocolate Cookie	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Cardamon & Orange Sponge Cake
	Vegetable Lasagne Lentil Spaghetti Bolognese Mixed Lettuce, Cucumber & Tomato Salad Thyme Peas Garlic & Rosemary Focaccia	Vegetable Lasagne Chicken Schnitzel Lentil Spaghetti Bolognese Schnitzel Mixed Lettuce, Cucumber & Tomato Salad Thyme Peas Garlic Green Beans Garlic & Rosemary Focaccia Rye & Chocolate Cooking	Vegetable Lasagne Chicken Schnitzel Pumpkin & Potato Gnocchi with Basil Pesto Sauce Lentil Spaghetti Bolognese Butternut Squash Schnitzel Roasted Tomato Sauce with Fusilli Mixed Lettuce, Cucumber & Tomato Salad Mixed Lettuce, Cucumber & Tomato Salad Thyme Peas Garlic Green Beans Roasted Broccoli Garlic & Rosemary Focaccia Fresh Fruit or Rye & Chocolate Gorlic	Vegetable Lasagne Chicken Schnitzel Pumpkin & Potato Gnocchi with Basil Pesto Sauce Lentil Spaghetti Bolognese Butternut Squash Schnitzel Roasted Tomato Sauce with Fusilli Mixed Lettuce, Cucumber & Tomato Salad Thyme Peas Garlic Green Beans Garlic & Rosemary Focaccia Roasted Tomato Sauce with Fusilli Mixed Lettuce, Cucumber & Tomato Salad Roasted Broccoli Roasted Tomato Wedges Smoked Tomato Ketchup Roasted Carrots Garlic & Rosemary Focaccia Fresh Fruit or Rye & Chocolate Garlic & Fresh Fruit or Fresh Fruit or Fresh Fruit or Fresh Fruit or Fresh Fruit or

Weeks commencing: 21.11.22, 12.12.22

WHAT'S FOR LUNCH? WEEK 2



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Maccaroni Cheese	Choice of the following Sausages	Asian Stir Fry Vegetable Rice	Turkish Red Pepper Paste Marinated Chicken Kebab	Breaded Seasonal Fish
MAIN (OPTION 2)	Roasted Tomato Sauce with Conchiglie Pasta	Vegetarian Cumberland Pork Lamb & Rosemary	Tempura Vegetables	Herby Chickpea Falafel	Roasted Vegetable Frittata
			Crispy Chili & Garlic Cuttlefish	Hummus	
SIDES Where main includes, portion will be offered as optional extra	Mixed Lettuce, Cucumber & Tomato Salad	Mashed Potato		Greek Salad of Feta Cheese, Tomato, Cucumber & Olives & Mint	Skin on Chips
VEGETABLES	Apricot Harissa Roasted Carrots	Steamed Broccoli Onion Gravy	Shaved Carrot, Red Cabbage, Lettuce & Spring Onion Salad	Couscous with Roasted Aubergine, Pepper & Chickpea	Roasted Squash, Carrots & Beetroot
BREAD	Garlic & Thyme Focaccia	Wholemeal Bread	Bao Buns	Flatbread	Wholemeal Bread
DESSERT	Fresh Fruit or Yoghurt	Scone, Jam & Clotted Cream	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Apple & Berry Crumble with Homemade Egg Custard

Weeks commencing: 21.11.22

WHAT'S FOR LUNCH? WEEK 3



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Farfalle Pasta with Creamy Mushroom & Aubergine Sauce	Chicken Fajitas	Mozzarella, Basil & Tomato Pizza	Curried Slow Cooked Lamb Patties	Breaded Seasonal Fish
Tomato & Basil Penne Pasta	Pepper, Mushroom & Onion Quesadilla	Red Pepper Pesto with Orzo	Jerk Mixed Vegetable Patties	Feta, Spinach, Red Onion & Filo Bake
Mixed Lettuce, Cucumber & Tomato Salad	Peri-Peri Rice with Kidney Beans	Salad of Beetroot, Olive & Green Beans	Rice & Peas Spicy Tomato Gravy	Minted Peas
	Pickled Guindillas		Spicy Tolliato Gravy	Tartare Sauce
Courgette & Peas	Smoked Paprika Sweetcorn	Slow Roasted Balsamic Peppers & Onion	Broccoli & Pumpkin Seeds	Roasted Carrots
				Roast Potatoes
Garlic & Thyme Focaccia	Tortilla Bread	Garlic & Thyme Focaccia	Cornbread	Wholemeal Bread
Fresh Fruit or	Lemon Drizzle Slice	Fresh Fruit or	Fresh Fruit or Yoghurt	Beetroot Chocolate Brownie
	Farfalle Pasta with Creamy Mushroom & Aubergine Sauce Tomato & Basil Penne Pasta Mixed Lettuce, Cucumber & Tomato Salad Courgette & Peas Garlic & Thyme Focaccia	Farfalle Pasta with Creamy Mushroom & Aubergine Sauce Tomato & Basil Penne Pasta Mixed Lettuce, Cucumber & Tomato Salad Peri-Peri Rice with Kidney Beans Pickled Guindillas Courgette & Peas Focaccia Fresh Fruit or Chicken Fajitas Chicken Fajitas Chicken Fajitas Chicken Fajitas Chicken Fajitas Tomato & Salat Pepper, Mushroom & Onion Quesadilla Freil-Peri Rice with Kidney Beans Fickled Guindillas Tortilla Bread Fortilla Bread	Farfalle Pasta with Creamy Mushroom & Aubergine Sauce Tomato & Basil Penne Pasta Pepper, Mushroom & Onion Quesadilla Mozzarella, Basil & Tomato Pizza Red Pepper Pesto with Orzo Mixed Lettuce, Cucumber & Tomato Salad Peri-Peri Rice with Kidney Beans Pickled Guindillas Courgette & Peas Smoked Paprika Sweetcorn Slow Roasted Balsamic Peppers & Onion Garlic & Thyme Focaccia Fresh Fruit or Lemon Drizzle Slice Fresh Fruit or	Farfalle Pasta with Creamy Mushroom & Aubergine Sauce Tomato & Basil Pepper, Mushroom & Onion Quesadilla Mixed Lettuce, Cucumber & Tomato Salad Pickled Guindillas Courgette & Peas Smoked Paprika Sweetcorn Sarlic & Thyme Focaccia Fresh Fruit or Chicken Fajitas Mozzarella, Basil & Curried Slow Cooked Lamb Patties Curried Slow Cooked Lamb Patties Red Pepper Pesto with Vegetable Patties Salad of Beetroot, Olive & Green Beans Spicy Tomato Gravy Slow Roasted Balsamic Peppers & Onion Cornbread Fresh Fruit or Lemon Drizzle Slice Fresh Fruit or Fresh Fruit or Fresh Fruit or Cornbread

Weeks commencing: 28.11.12