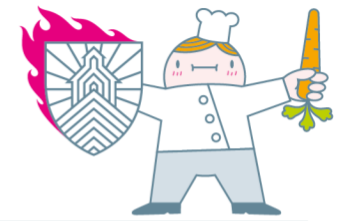


# WHAT'S FOR LUNCH? WEEK 1



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Vegetable Lasagne	Chicken Schnitzel	Pumpkin & Potato Gnocchi with Basil Pesto Sauce	Homemade Beef Burger	Coconut, Tomato & Pepper Masala Curry  Lightly Spiced Fish
MAIN (OPTION 2)	Lentil Spaghetti Bolognese	Butternut Squash Schnitzel	Roasted Tomato Sauce with Fusilli	Veggie Burger	Lentil Dhal  Onion & Potato Bhaji
SIDES <small>Where main includes, portion will be offered as optional extra</small>	Mixed Lettuce, Cucumber & Tomato Salad	Salsa Verde Steamed New Potatoes	Mixed Lettuce, Cucumber & Tomato Salad	Paprika & Herb Potato Wedges Smoked Tomato Ketchup	Basmati Rice
VEGETABLES	Thyme Peas	Garlic Green Beans	Roasted Broccoli	Roasted Carrots	Lemon & Chili Cauliflower
BREAD	Garlic & Rosemary Focaccia	Wholemeal Bread	Garlic & Rosemary Focaccia	Homemade Seeded Burger Bun	Flatbread
DESSERT	Fresh Fruit or Yoghurt	Rye & Chocolate Cookie	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Cardamon & Orange Sponge Cake

Weeks commencing: 21.11.22, 12.12.22

# WHAT'S FOR LUNCH? WEEK 2



	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  Crispy Chili & Garlic Cuttlefish	Herby Chickpea Falafel  Hummus	Roasted Vegetable Frittata
SIDES <small>Where main includes, portion will be offered as optional extra</small>	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
MAIN (OPTION 1)	Farfalle Pasta with Creamy Mushroom & Aubergine Sauce	Chicken Fajitas	Mozzarella, Basil & Tomato Pizza	Curried Slow Cooked Lamb Patties	Breaded Seasonal Fish
MAIN (OPTION 2)	Tomato & Basil Penne Pasta	Pepper, Mushroom & Onion Quesadilla	Red Pepper Pesto with Orzo	Jerk Mixed Vegetable Patties	Feta, Spinach, Red Onion & Filo Bake
SIDES <small>Where main includes, portion will be offered as optional extra</small>	Mixed Lettuce, Cucumber & Tomato Salad	Peri-Peri Rice with Kidney Beans Pickled Guindillas	Salad of Beetroot, Olive & Green Beans	Rice & Peas Spicy Tomato Gravy	Minted Peas Tartare Sauce
VEGETABLES	Courgette & Peas	Smoked Paprika Sweetcorn	Slow Roasted Balsamic Peppers & Onion	Broccoli & Pumpkin Seeds	Roasted Carrots Roast Potatoes
BREAD	Garlic & Thyme Focaccia	Tortilla Bread	Garlic & Thyme Focaccia	Cornbread	Wholemeal Bread
DESSERT	Fresh Fruit or Yoghurt	Lemon Drizzle Slice	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Beetroot Chocolate Brownie

Weeks commencing: 28.11.12