

# WEEKLY LUNCH MENU



# **MONDAY**

# **MAINS**

Sausage and mash with onion gravy

Quorn sausage patties

## **SIDES**

Creamy Mash

Carrots

Cabbage

Kale

## **DESSERTS**

Apple and vanilla crumble with custard

Fruit jelly, Fresh fruit, Yoghurt pots

# **TUESDAY**

## **MAINS**

Beef bolognaise

Stuffed butternut squash

## **SIDES**

Garlic bread

New potatoes with chives

Green beans with tapenade

Sweetcorn

## **DESSERTS**

Tiramisu

Fruit jelly, Fresh fruit, Yoghurt pots

# **WEDNESDAY**

## **MAINS**

Char siu pork noodles

Chinese veggie noodles

## **SIDES**

Asian greens

Spiced carrots

Prawn crackers

## **DESSERTS**

Ginger cake with stem ginger syrup

Fruit jelly, Fresh fruit, Yoghurt pots

# **THURSDAY**

## **MAINS**

Jerk chicken leg

Cannellini bean ragu

## **SIDES**

Rice 'n peas

Burnt pineapple salsa

Wilted greens

Sweetcorn and diced peppers

## **DESSERTS**

Fruit salad

Fruit jelly, Fresh fruit, Yoghurt pots

# **FRIDAY**

## **MAINS**

Southern fried chicken

Fish and chips

Quorn nuggets

## **SIDES**

Chips

Peas

Baked beans

Tartare sauce

Gherkins

# **DESSERTS**

Crispy Cake

Fruit jelly, Fresh fruit, Yoghurt pots

Soup of the day, a selection of hand made breads and a pasta & jacket potato bar also available daily!



# WEEKLY LUNCH MENU





# MONDAY

## MAINS

Tandoori chicken curry

Goan chickpea and sweet potato curry

## SIDES

Turmeric rice

Mint and garlic raita

Mixed bok choi &

Broccoli

Spiced carrots

### **DESSERTS**

Mixed fruit crumble with fruit custard

Fruit jelly, Fresh fruit, Yoghurt pots

# **TUESDAY**

## MAINS

Texan barbeque pulled pork

Vegan BBQ pulled jackfruit

## SIDES

Cajun wedges

Mini corn on the cob

Garlic flatbreads

Fried greens

## **DESSERTS**

Rice pudding with fruit compote

Fruit jelly, Fresh fruit, Yoghurt pots

# WEDNESDAY

### MAINS

Chicken casserole

Courgette, pea and broad bean fricassee

## SIDES

Mashed potatoes

Honey glazed carrots

Roasted cauliflower

## **DESSERTS**

Jam and vanilla sponge with custard

Fruit jelly, Fresh fruit, Yoghurt pots

# **THURSDAY**

## MAINS

Mexican beef chilli

Spicy bean chilli

## SIDES

Paprika potatoes

Sour cream

Tortilla chips

Sweetcorn

Green Beans

### **DESSERTS**

Chocolate brownie

Fruit jelly, Fresh fruit, Yoghurt pots

# FRIDAY

## MAINS

Sloppy Joe hot dog

Fish and chips

Veggie sloppy Joe hot dog

### SIDES

Chips

**Baked Beans** 

Garden Peas

## **DESSERTS**

Selection of ice creams with toppers

Fruit jelly, Fresh fruit, Yoghurt pots

Soup of the day, a selection of hand made breads and a pasta & jacket potato bar also available daily!



# WEEKLY LUNCH MEMU





# MONDAY

# MAINS

Katsu chicken

Aubergine katsu

## SIDES

Katsu sauce

Mirin rice

Glazed carrots

Asian greens

### **DESSERTS**

Apple and cinnamon crumble with custard

Fruit jelly, Fresh fruit, Yoghurt pots

# **TUESDAY**

## MAINS

Shepherd's pie with crispy potato topping

Lentil hot pot with crispy potato topping

## SIDES

Diced potatoes

Green beans

Carrots & swede

## **DESSERTS**

Fruit Flapjack

Fruit jelly, Fresh fruit, Yoghurt pots

# WEDNESDAY

## MAINS

Rosemary roast chicken leg

Lentil loaf

## SIDES

Yorkshire puddings

Thyme roasted potatoes

Roasted root vegetables

Garden peas

## **DESSERTS**

Berry sponge with custard

Fruit jelly, Fresh fruit, Yoghurt pots

# **THURSDAY**

## MAINS

Pork and chorizo ragu pasta

Mediterranean vegetable lasagne

## SIDES

Garlic bread

Sweetcorn

Broccoli

### **DESSERTS**

Banana loaf

Fruit jelly, Fresh fruit, Yoghurt pots

# FRIDAY

MAINS

Burger in a bun with onions

Fish and chips

Spicy bean burger

## SIDES

Tartare sauce Chips

Baked beans Burger sauce

Garden Peas

Ketchup

## **DESSERTS**

Chocolate cookies

Fruit jelly, Fresh fruit, Yoghurt pots

Soup of the day, a selection of hand made breads and a pasta & jacket potato bar also available daily!