

# LUNCH

autumn Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Mexican Pulled Pork Wrap Coriander Rice Tomato Salsa Guacamole Spiced Green Beans Corn on the Cob	Roast Turkey Roast Potatoes Cauliflower, Carrot & Broccoli Florets Yorkshire Pudding Cranberry Sauce Gravy	Beef & Vegetable Bolognaise Wholewheat Penne Pasta Olive & Sun blush tomato Focaccia Roasted Red Peppers & Sweetcorn	Korean Fried Chicken With Gochujang Sauce Kimchi Fried Rice Garlic & Ginger Greens Prawn Crackers	Battered Cod Chunky Chips Garden Peas Baked Beans Tartare Sauce
Vegetarian Meal	Vegetable Enchilada Coriander Rice Tomato Salsa Guacamole Spiced Green Beans Corn on the Cob Vegan Vegan Enchilada	Mature Cheddar, Cauliflower & Pumpkin Gratin Vegan Cauliflower & Pumpkin Savory Crumble	Roasted Broccoli & Roquefort Gnocchi Olive & Sun blush tomato Focaccia Roasted Red Peppers & Sweetcorn Vegan Roasted Mediterranean Vegetable Gnocchi with Tomato & Basil	Vegan Crispy Cauliflower with Gochujang Sauce Kimchi Fried Rice Garlic & Ginger Greens	Vegan Vegan Bacon & Vegetable Pie Chunky Chips Garden Peas Baked Beans
Alternative Option	Baked Jacket Potatoes Grated Cheddar Baked Beans Tuna Mayonnaise	Wholewheat Penne Pasta Chunky Tomato & Basil Sauce	Baked Jacket Potatoes Grated Cheddar Cheese Baked Beans Tuna Mayonnaise	Pasta with Tomato & Roasted Red Pepper Sauce	Red Leicester, Mature Cheddar & Spring Onion Loaded Jacket Potato
Salad Bar Proteins	Chefs Choice	Cucumber, Dill & Yoghurt Salad with Smoked Mackerel  Tomato & Mozzarella Salad With Rocket Pesto	Cucumber, Dill & Yoghurt Salad with Smoked Mackerel  Tomato & Mozzarella Salad With Rocket Pesto	Sticky Beef Noodle Salad with Lotus Root  Hard Boiled Eggs	Sticky Beef Noodle Salad with Lotus Root  Hard Boiled Eggs
Something Sweet	Chocolate Beetroot Cake	Iced Lime & Poppy Seed Traybake	Peach & Raspberry Melba Cake	Carrot Cake Topped with Cream Cheese Frosting	Vegan Butterscotch Pie
Daily selection of ripe fresh fruit, freshly cut fruit pots, jelly and homemade yoghurt pots					

# LUNCH

autumn Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Crispy Chilli Beef Teriyaki Noodles Vegetable Stir Fry Mini Vegetable Spring Roll	Turkey Lasagne Garlic & Herb Bread Broccoli Florets & Sweetcorn	Roast Pork Loin Roast Potatoes Roasted Carrots & Parsnips Yorkshire Pudding Apple Sauce Gravy	Tandoori Chicken Tikka Masala Pilau Rice Naan Bread Garlic Broccoli & Green Beans Mango Chutney	Jumbo Sausage Chunky Chips Baked Beans Corn on the Cob
Vegetarian Meal	<b>Vegan</b> Vegetable Tempura Teriyaki Noodles Vegetable Stir Fry Mini Vegetable Spring Roll	<b>Vegan</b> Lentil & Vegetable Bolognaise Wholemeal Spaghetti Garlic & Herb Bread Broccoli Florets & Sweetcorn	Red Pepper, Mushroom, Spinach & Ricotta Open Tart Roast Potatoes Roasted Carrots & Parsnips	<b>Vegan</b> Tandoori Cauliflower Steak with Onion Bhaji Pilau Rice Garlic Broccoli & Green Beans Mango Chutney	<b>Vegan</b> Jamaican Jerk Vegetable Pattie Chunky Chips Baked Beans Corn on the Cob
Alternative Option	Mature Cheddar Macaroni Cheese	Jacket Potatoes Cheddar Cheese Baked Beans Tuna Mayonnaise	<b>Vegan</b> Wholemeal Pasta With Vine Tomato Sauce	Jacket Potatoes Cheddar Cheese Baked Beans Tuna Mayonnaise	King Prawn & Vegetable Skewers with Flatbread
Salad Bar Proteins	Chefs Choice	Super Food Salad with Toasted Seeds  BBQ Chicken Drumsticks	Super Food Salad with Toasted Seeds  BBQ Chicken Drumsticks	Chargrilled Chicken with Tomato, Basil & Mascarpone Pasta  Vegetarian Caesar Salad	Chargrilled Chicken with Tomato, Basil & Mascarpone Pasta  Vegetarian Caesar Salad
Something Sweet	Raspberry & White Chocolate Rocky Road	Banoffee Pie	Blueberry Cupcake	Jaffa Cake Slice	Brookie
Daily selection of ripe fresh fruit, freshly cut fruit pots, jelly and homemade yoghurt pots					

# LUNCH

Autumn Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Cuban Beef Picadillo Steamed Mixed Rice Nachos Tomato Salsa Broccoli Florets & Baton Carrots	Roast Gammon Roast Potatoes Cauliflower, Garden Peas & Green Beans Yorkshire Pudding Gravy	Chicken Parma Cubetti Potatoes Tomato & Basil Sauce Garlic Green Beans Tomato & Rocket Salad	Lamb Biryani Vegetable Curry Mint Yoghurt Mini Poppadom's Roasted Broccoli, Cauliflower & Spinach	BBQ Meat Feast Pizza Fries Baked Beans Sweetcorn & Carrots
Vegetarian Meal	Cuban Medianoche Grilled Mushroom, Pickle & Cheese Tortilla Broccoli Florets & Baton Carrots <b>Vegan</b> Cuban Medianoche Grilled Mushroom, Pickle & Vegan Cheese Tortilla Broccoli Florets & Baton Carrots	Spinach & Feta Filo Parcel Roast Potatoes Cauliflower, Garden Peas & Green Beans Gravy	<b>Vegan</b> Cauliflower Parma Cubetti Potatoes Tomato & Basil Sauce Garlic Green Beans Tomato & Rocket Salad	<b>Vegan</b> Butternut, Lentil & Chickpea Madras Pilau rice Mini Poppadom's Roasted Broccoli, Cauliflower & Spinach	Margherita Pizza Fries Baked Beans Sweetcorn & Carrots <b>Vegan</b> Vegan Cheese & Roasted Vegetable Pizza
Alternative Option	Baked Jacket Potatoes Grated Cheddar Cheese Baked Beans Tuna Mayonnaise	<b>Vegan</b> Wholemeal Penne Pasta Chunky Vegetable Ragu	Jacket Potatoes Cheddar Cheese Baked Beans Tuna Mayonnaise	Pasta with Tomato & Basil Sauce	Cod & Herb Fish Cake Char Grilled Lemon
Salad Bar Proteins	Chefs Choice	Asian Style Vegetable Salad with Edamame Beans & Miso Dressing  Korean Sticky Chicken	Asian Style Vegetable Salad with Edamame Beans & Miso Dressing  Korean Sticky Chicken	Harissa Spiced Halloumi with Israeli Cous Cous & Mint Yoghurt  Sliced Gammon	Harissa Spiced Halloumi with Israeli Cous Cous & Mint Yoghurt  Sliced Gammon
Something Sweet	Lemon Drizzle	Raspberry Brownie	Smartie Muffin	Gingernut Biscuit	Nut Free Bakewell Tart
Daily selection of ripe fresh fruit, freshly cut fruit pots, jelly and homemade yoghurt pots					