

## Lunch Menu Meat FREE

Week 1

	Meat FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Falafel & roasted vegetable fajitas with sour cream & salsa	Roast Chicken with Stuffing and Gravy	Lamb Rogan Josh Curry Served with Naan Bread And Mint Raita		Alaska Pollock Fish Fingers
Veggie Meal	Penne Pasta in Carbonara Sauce <b>(Vegetarian)</b>	Mac 'N' Cheese	Vegetarian Enchiladas	Plant base Hotdogs with Crispy Onion <b>(Vegan Option</b> Available)	Vegan "Fish" Fingers <b>(Vegan)</b>
Served With	Sticky Rice Cheese Herb Bread, Roasted Peppers & Tomatoes	Roast Potatoes Garlic Bread Steamed Baton Carrots	Curried rice Sliced Carrots Spiced Cauliflower	Spicy Potato Wedges Roasted mix vegetables Green Beans	Chunky Chips Minted peas Curly Fries Jacket Potatoes with
	Jacket Potatoes with Toppings	Pasta with Tomato Sauce	Jacket Potatoes with Toppings	Pasta with Tomato Sauce	Toppings
Dessert	Vanilla Milkshake	Chocolate Brownie	Pancakes with Maple Syrup	Caramel and orange Mousse	Tarte Tatin Topped with Whipped Cream

Available Daily: Jacket Potatoes with Toppings or Pasta with Tomato Sauce | Salad Bar Freshly Made Bread Basket | A Selection of Whole Fresh Fruit | Yoghurt Pots <u>Menu Subject to Changes</u>





	Inch	lenu	Week 2			
	Meat FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Main Meal	Quorn Nugget <b>(Vegan)</b>	<b>BANGER SPECIAL</b> Grilled Chicken or Pork Sausage served with Gravy	Lamb Biryani served with Mint Raita	PIZZA DAY Selection of Pizzas	Fish Cake	
Veggie Meal	Veggie Chilli Con Carne, Served with Tortilla Chips <b>(Vegan Option Available)</b>	Sausages	Vegie Tacos with Salsa and Avocado <b>(Vegan Option</b> Available)	Chicken Calzone Pizza or Classic Pepperoni Pizza or Margherita Pizza	Singapore-style noodle with Soy Sauce	
Served With	Fluffy Rice Sweet Potato Fries Steamed Sweetcorn Jacket Potatoes with Toppings	Mash Potatoes Steamed Cabbage Carrot & Peas Pasta with Tomato Sauce	Rice and Peas with Coconut Milk Roasted Carrots Steamed Broccoli Jacket Potatoes with Toppings	Paprika Wedges Coleslaw Mixed Leaf Salad Pasta with Tomato Sauce	Chunky Chips Garden Peas Stir Fry Baby Corn Jacket Potatoes with Toppings	
Dessert	Ice Cream Sorbet	Mixes Fruit Jelly	Fresh fruit salad	Chocolate Flapjack Squares	White Chocolate Mous	

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		lenu	Week 3		
	Meat FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Toad-in-the-hole (Sausages in Yorkshire pudding batter) <b>(Vegan Option Available</b> )	Lamb Meatballs in a Rich Tomato Sauce	Chicken Katsu Curry with Katsu Sauce	Roasted lamb leg Served with Gravy and Yorkshire Pudding	Battered Cod with freshly Made Tartare Sauce & Lemon
Veggie Meal	Vegetarian Spaghetti Bolognese	Vegan Meatballs in a Rich Tomato Sauce <b>(Vegan)</b>	Quorn Southern Fried Wraps	Veggie Burger in a Brioche Bun <b>(Vegan Option Available)</b>	Egg Fried Rice with Vegetables <b>(Vegan Option Available)</b>
Served With	Boiled Rice Mediterranean Vegetables & Broccoli Florets	Pasta Bows Steamed Broccoli Roasted Lemon Carrots	Jasmine Rice Carrot & Peas Roasted Peppers & Tomatoes	Sautéed potatoes Roasted mix vegetables Green Beans	Chunky Chips Garden Peas Stir Fry Pak Choi
Dessert	Jacket Potatoes with Toppings Ice Cream	Pasta with Tomato Sauce Orange Jelly	Jacket Potatoes with Toppings Lemon Drizzle Cake	Pasta with Tomato Sauce Eton Mess	Jacket Potatoes with Toppings Chocolate Marble Cake
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