

Sample Lunch menu

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Pea and Mint	Minestrone Soup	French Onion	Tomato and Red Pepper	Autumn Vegetable
Main	Cumberland Sausages	Lamb & Chickpea Curry	Sausage Pasta bake	Roast Turkey	Battered Pollock
Main	Chicken and Leek Pie	Tikka Spiced Pork Belly	Salt & Pepper Squid With Coconut Rice	Beef Bourguignon	Spicy Honey Glazed Chicken Wings
Vegetarian	Thyme & Butterbean Casserole	Vegetable Chow Mein	Cherry Tomato and Spinach Frittata	Vegetable Hot Pot	Pepper, Olive and Feta Moussaka
Sides/Extras	Red Onion Gravy	Mango Chutney, Poppadoms		Gravy	Tartar Sauce, Lemon Wedges
Potato/Rice	Creamed Mashed Potato	Rice	Garlic Bread	Roast Potatoes	Chips
Vegetable	Steamed Carrots	Broccoli	Green Beans	Mixed Vegetables	Peas Mushy Peas
Vegetable	Cauliflower Cheese	Sweet corn	Savoy Cabbage		Baked Beans
Pasta Sauce	Tomato and Chilli	Mexican Chilli Bean	Home-made Nut free Pesto		
Dessert	Apple Crumble	Chocolate Fudge Cake	Coconut and Raspberry Sponge	Blueberry Cheesecake	Chocolate Bread & Butter Pudding
	Fresh fruit, yogurt and cheese	Fresh fruit, yogurt and cheese	Fresh fruit, yogurt and cheese	Fresh fruit, yogurt and cheese	Fresh fruit, yogurt and cheese

