

# WEEKLY MENU

WEEK 12<sup>th</sup>-18<sup>th</sup> LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURADAY	SUNDAY
Sweetcorn Chowder	Potato and Water Cress Soup	Split Green Pea Soup	Roast Red Pepper Soup	Lentil and Vegetable Soup	Tuscan Tomato and Bean Soup	Courgette and Mint Soup
Spicy Lamb keema with Poppadum's and Minted Yoghurt	Italian Chicken with Mixed Bean Cassoulet	Rich Beef and Paprika Goulash with Sour Cream	Grilled Turkey Escallops with a Miso Ginger and Spring Onion Broth	Fresh Breaded Haddock with Lemon and Tartare Sauce	Tex-Mex Beef Chilli with Jalapenos and Beans	Fruity and Lightly Spiced Lamb Tagine
Roast root Vegetable Pearl Barley Risotto	Spinach, Feta and Filo Pie	Warming Cajun Vegan Stew	Shepherdess Pie with Vegan Cheesy Mash	Honey, Lemon and Ginger Glazed Vegetables	Katsu Aubergine with Aromatic Curry Sauce	Smoked Vegetable Enchilada
Aromatic Rice Spiced Cherry Tomato and Spinach Cauliflower	White Bulgar Wheat Steamed Carrots Sautéed Mange Touts	Parsley Potatoes Roast Parsnip Green Beans	Boulangerie Potato Cumin Carrots Broccoli	Chipped Potatoes Garden Peas Mushy Peas	Steamed Rice Sweetcorn Sugar Snap Peas	Jewelled Cous Cous Roast Courgette Lemon Carrots
Pasta with Cheese Sauce Jacket Potato with Beans	Pasta with Tomato and Basil Sauce Jacket Potato with Beans	Pasta with Garlic and Basil Pesto Jacket Potato with Beans	Pasta with Garlic Mushroom Sauce Jacket Potato with Beans	Pasta with Herby Tomato Sauce Jacket Potato with Beans	Pasta with Cheese Sauce Jacket Potato with Beans	Pasta with Smoked Tomato Sauce Jacket Potato with Beans
Rich Chocolate Cheesecake	Selection of Cut Fruit and Jelly Pots	Apple and Cinnamon Crumble with Cream	Selection of Cut Fruit and Jelly Pots	Zingy Lemon Drizzle Cake	Zingy Lemon Drizzle Cake	Chocolate and Courgette Muffin

FOR ALLERGEN INFORMATION PLEASE SPEAK TO A MEMBER OF THE TEAM.

# WEEKLY MENU

WEEK 12<sup>th</sup>-18<sup>th</sup> DINNER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURADAY	SUNDAY
Sweetcorn Chowder						
Turkey Cacciatore with Peppers and Onions	Potato and Water Cress Soup	Split Green Pea Soup	Roast Red Pepper Soup	Lentil and Vegetable Soup	Tuscan Tomato and Bean Soup	Courgette and Mint Soup
Honey Glazed Vegetarian Sausage with Herb Mash	Fried Breaded Pork Lion Steak with Herb Butter	Roast Tandoori Chicken With Yoghurt	Rich Lamb Hotpot with Rosemary and Garlic	Mexican pork Stew with Black Beans	Roast Chicken with Orange, Lemon and Garlic	Grilled Cumberland Ring with Thyme and Onion Gravy
Baby New Potatoes	Sun Blushed Tomato and Rocket Gnocchi	Vegan Meatballs with Tomato Ragu	Sweet Potato Halloumi Rusti with Sweet Chilli Sauce	Lentil Moussaka with Mint and Garlic	Creamy Sweetcorn and Cauliflower Gratin	Plant Based Vegan Chilli with Pitta Bread
Courgette		Turmeric Rice				
Corn on the Cob	Roast Potatoes	Spiced Butternut Squash	Cheesy Mash Potatoes	Bulgar Wheat	Egg Noodles	Horseradish Mash
Pasta with Cheese Sauce	Savoy Cabbage	Vegetable Pakora	Lemon carrots	Roast Peppers	Broccoli	Roast Parsnips
	Thyme Roasted Aubergines		Steamed Green Beans	Cauliflower	Steamed Carrots	Peas
Mixed Berry Flapjack	Pumpkin Pie with Cinnamon and Ginger	Pasta with garlic and Basil Pesto	Pasta with Garlic Mushroom Sauce	Pasta with Herby Tomato Sauce	Pasta with Cheese Sauce	Pasta with Smokey Tomato Sauce
		Tangy Lemon Tart	Sticky Toffee Pudding with Toffee Sauce	Salted Chocolate Tart	Lemon and Poppy Seed Muffin	Chocolate Tiffin

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