

LUNCH MENU

WEEK 1

Weeks commencing: 17th Apr · 8th May · 5th June · 26th June · 17th July · 18th Sept · 9th Oct

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------|---|--|---|---|--|
| MAINS | East Anglian pork sausages with gravy and mashed potatoes | Chicken pasta bake with garlic bread | Yorkshire pudding with beef strips and herby diced potatoes | Roast pork, stuffing, apple sauce and gravy with roast potatoes | Oven baked battered cod fillet with tomato sauce and chips |
| | Quorn chipolatas with gravy and mashed potatoes ✓ | Vegetable samosas with mint and yoghurt dip and rice ✓ | Mac 'n' cheese with garlic and herb focaccia ✓ | Cheese quiche and roast potatoes ✓ | Quorn dippers with tomato sauce and chips ✓ |
| | Salmon salad wrap with salad garnish | Jacket potato with baked beans ✓ | Egg salad ✓ | Jacket potato with tuna and sweetcorn | Ham Ploughman's with salad garnish |
| DESSERTS | Fruit flapjack with a slice of fresh fruit | Apple and cinnamon cake with custard | Shortbread biscuit | Lemon drizzle cake with custard | Fruit muffin with fresh milk |
| | Fruit yoghurt | Fruit and yoghurt granola pot | Fruit yoghurt | Iced fruit smoothie | Fruit yoghurt |

WEEK 2

Weeks commencing: 24th Apr · 15th May · 12th June · 3rd July · 4th Sept · 25th Sept · 16th Oct

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------|---|--|---|--|--|
| MAINS | Local pork grill in a bun | Beef Bolognese with penne pasta | Barbeque chicken with rice | Roast turkey, stuffing and gravy with roast potatoes | Fish fingers or salmon bites with tomato sauce and chips |
| | Quorn grill in a bun ✓ | Cheese whirl ✓ | Bean and vegetable bake with herby diced potatoes ✓ | Quorn fillet, stuffing and gravy with roast potatoes ✓ | Pasta Neapolitan ✓ |
| | Jacket potato with baked beans ✓ | Tuna and cucumber filled wrap with salad garnish | Ham salad | Cheese salad wrap with salad garnish ✓ | Jacket potato with cheese and coleslaw ✓ |
| DESSERTS | Mini chocolate brownie with fresh fruit | American pancake with raspberry sauce | Wicked fruity Wednesday | Vanilla cheesecake | Cappuccino cake with fresh milk |
| | Fruit and yoghurt granola pot | Fruit yoghurt | Iced fruit smoothie | Fruit yoghurt | Fruit yoghurt |

WEEK 3

Weeks commencing: 1st May · 22nd May · 19th June · 10th July · 11th Sept · 2nd Oct

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------|--|---|---|---|---|
| MAINS | Pork meatballs with tomato and basil sauce and spaghetti | Savoury mince with rice | Ham and tomato pizza with diced potatoes | Roast chicken, stuffing and gravy with roast potatoes | Fish fingers with tomato sauce and chips |
| | Herby spaghetti with garlic and herb focaccia ✓ | Quorn shepherd's pie and gravy ✓ | Cheese and tomato pizza with diced potatoes ✓ | Roasted vegetable filled Yorkshire pudding and roast potatoes ✓ | Vegetable Bolognese with penne pasta ✓ |
| | Jacket potato with baked beans ✓ | Egg salad ✓ | Jacket potato with tuna mayonnaise | Ham salad | Coronation Quorn wrap with salad garnish ✓ |
| DESSERTS | Waffle and ice cream | Carrot cake and fruit slice with fresh milk | Wicked fruity Wednesday | Fruit jelly with ice cream | Homemade cookie with a slice of fresh fruit |
| | Fruit yoghurt | Fruit yoghurt | Iced fruit smoothie | Fruit yoghurt | Fruit and yoghurt granola pot |

AVAILABLE DAILY!

-  Seasonal vegetables
-  Salad bar
-  Freshly baked bread
-  Fresh water

ALTERNATIVE DESSERTS

-  Cheese & biscuits
- or
-  Fresh fruit with a drink

Salad bar available subject to the style of service. Some menus or items on the menu are subject to change. All vegetables are seasonal with the exception of peas, sweetcorn and baked beans.