

# WEEK ONE

# Hot Meals

## MONDAY

*Spanish Chicken with Peppers &  
Fresh Basil  
Lemon Rice*

*Three Bean Stew with Paprika  
Roasted Quorn  
Green Beans & Courgettes*

*Oaty Apple Crumble  
Vanilla Custard*

## TUESDAY

*Beef Lasagne  
Garlic Bread  
Peas or Salad*

*Chickpea & Vegetable Biryani with  
Korma Sauce  
Wholegrain Rice, Naan & Cauliflower*

*St. Clements Sponge  
Vanilla Custard*

## WEDNESDAY

*Roast Leg of Pork with Apple Sauce  
Crispy Roast Potatoes  
& Seasonal Vegetables*

*Macaroni Cheese  
Mixed Salad or Vegetables*

*Chocolate Bread & Butter Pudding  
Fresh Cream*

## THURSDAY

*Turkey, Ham & Leek Pie with Sliced  
Potato Topping  
Minted New Potatoes & Sweetcorn*

*Roast Butternut Squash,  
Spinach & Feta Pie  
Mixed Salad*

*Pineapple Upside-down Sponge  
Vanilla Custard*

## FRIDAY

*Battered or Baked Piri Piri Fish Fillet  
Chips & Peas*

*Roasted Mediterranean Vegetable  
Pasta Bake  
Garden Salad*

*Jam Tart  
Vanilla Custard*

*Check out our other counters  
for the rest of our lunch range*

*We have a daily range of seasonal vegetables and accompaniments available with every dish.*

## WEEK TWO

# Hot Meals

### MONDAY

*Balti Chicken Curry*

*Wholegrain Rice / Sweetcorn*

*Cheddar & Potato Tart*

*Red Onion Marmalade & Garden Salad*

*Pear & Chocolate Sponge*

*Vanilla Custard*

### TUESDAY

*Beef Bolognaise*

*Whole Wheat Pasta & Wilted Spinach*

*Roasted Quorn &*

*Vegetable Sweet Chilli Wrap*

*Mixed Leaves*

*Apple and Blackberry Crumble*

*Vanilla Custard*

### WEDNESDAY

*Cumberland Sausages*

*Mashed Potato & Gravy*

*Peas or Green Beans*

*Mushroom & Leek Pasta Bake*

*Herb Salad*

*Bakewell Tart*

*Vanilla Custard*

### THURSDAY

*Roast Chicken Dinner*

*Roast Potatoes*

*Seasonal Vegetables*

*Vegetable Chilli*

*Wholegrain Rice or Mixed Salad*

*Iced Citrus Sponge*

*Warm Vanilla Sauce*

### FRIDAY

*Fillet of Fish in Batter*

*Chips & Peas*

*Lemon & Tartare Sauce*

*Vegetable Spring Roll*

*Chips, Peas or Salad*

*Chocolate Chip & Banana Sponge*

*Vanilla Custard*

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# WEEK THREE

# Hot Meals

## MONDAY

*Beef Bolognese Pasta Bake*

*Garlic Bread*

*Garden Peas or Mixed Salad*

*Cheesy Spinach & Ricotta Pizza Rolls*

*Mixed Salad*

*Syrup Sponge*

*Vanilla Custard*

## TUESDAY

*Asian Style Pork Loin*

*Spicy Jacket Wedges & Braised Red*

*Cabbage*

*Mexican Bean Chilli Tacos*

*Mixed Salad*

*Cheddar & Jalapenos*

*Carrot Cake*

*Vanilla Custard*

## WEDNESDAY

*Roast Gammon & Parsley Sauce*

*Roast Potatoes*

*Carrots & Broccoli*

*Root Vegetable Toad in the Hole*

*Roast Potatoes & Peas*

*Apple & Peach Crumble*

*Vanilla Custard*

## THURSDAY

*Chicken Enchiladas*

*Mexican Rice & Mixed Salad*

*Mushroom, Courgette & Five Bean*

*Stroganoff*

*Rice & Sweetcorn*

*Strawberry Cheesecake*

## FRIDAY

*Battered Fish or Salmon Fishcake*

*Chips*

*Peas, Beans or Curry Sauce*

*Roast Mediterranean*

*Vegetable Lasagne*

*Chips & Mixed Salad*

*Toffee Apple Crumble Cake*

*Vanilla Custard*

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## WEEK FOUR

# Hot Meals

### MONDAY

*Chilli Con Carne*

*Boiled Rice*

*Peas & Peppers*

*Cauliflower & Broccoli Cheese*

*Garlic Bread*

*Plum Crumble*

*Vanilla Custard*

### TUESDAY

*Chicken Sagwala*

*Wholegrain Rice & Naan Bread*

*Chick Pea & Vegetable Balti*

*Wholegrain Rice & Naan Bread*

*Treacle Tart*

*Pouring Cream*

### WEDNESDAY

*Tuna & Sweetcorn Pasta Bake*

*Garlic Bread & Salad*

*Roast Vegetable & Pepper Wrap*

*Paprika Wedges*

*Apple & Cinnamon Pie*

*Vanilla Custard*

### THURSDAY

*Chicken Chasseur*

*New Potatoes*

*Seasonal Vegetables*

*Quorn Sausages*

*Garlic Mash & Tomato Sauce*

*Bake Jam Roll*

*Vanilla Custard*

### FRIDAY

*Battered Fish*

*Chips*

*Peas, Beans or Curry Sauce*

*Root Vegetable Strudel*

*Sweet Potato Wedges*

*Cherry Sponge*

*Vanilla Custard*

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