

# WEEK ONE

# Hot Meals

## MONDAY

Sweet 'n' Sour (GF)

Chicken (DF)

Rice & Broccoli

Omlette—Cheese & Onion (GF)

New Potatoes & Salad (V)

Apple Syrup

Sponge Pudding

## TUESDAY

Beef Lasagne

Garlic Bread

Peas or Salad

Chickpea & Vegetable Biryani

with Balti sauce (V)

Rice & Naan Bread

Lemon Curd

Crumble

## WEDNESDAY

Roast Leg of Pork with Apple Sauce

Crispy Roast Potatoes (GF) (DF)

& Seasonal Vegetables

Macaroni Cheese (V)

Mixed Salad or Vegetables

Jam Tart

## THURSDAY

Battered or Baked Piri Piri Fish Fillet

Chips, Peas & Curry Sauce

Spicy Vegetable

Pastie (V)

Ice Cream (GF)

Or Melon Wedge (GF) (DF)

## FRIDAY

Chicken & Vegetable Curry (GF) (DF)

Rice & Naan Bread

Green Beans

Stuffed Jacket

Sour Cream & Chive (V)

Salad / Baked Beans

Fruit Pancake

or

Frozen Yoghurt (GF)

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.

GF = Gluten Free

V = Vegetarian

DF = Dairy Free

# WEEK TWO

# Hot Meals

## MONDAY

Tuna Pasta Bake  
Salad & Peas

Cheese & Potato Bake (GF) (V)  
Sweetcorn & Garden Salad

Chocolate Bread & Butter Pudding  
& Cream

## TUESDAY

Cumberland Sausages (GF)  
Mashed Potato & Gravy  
Seasonal Vegetables

Roasted Quorn & Vegetable  
Sweet Chilli Wrap (DF) (V)  
Mixed Leaves

Apple & Blackberry  
Crumble

## WEDNESDAY

Roast Chicken Dinner (GF) (DF)  
Roast Potatoes  
Seasonal Vegetables

Vegetable Chilli (V) (GF) (DF)  
Wholegrain Rice or Mixed Salad

Iced Citrus Sponge  
with warm Vanilla Sauce

## THURSDAY

Fillet of Fish in Batter  
Chips and Peas  
Lemon & Tartare Sauce

Vegetable Spring Roll (V)  
Chips, Peas or Salad

Fruit Waffle

## FRIDAY

Spaghetti Bolognese  
Garlic Bread (DF)  
Slaw / Salad

Stir Fried Vegetables (V)  
On a bed of noodles

Forest Fruits Fool (GF)

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# WEEK THREE

# Hot Meals

## MONDAY

Beef Bolognese Pasta Bake

Garlic Bread

Garden Peas or Mixed Salad

Vegetable & Cheese Omlette

Mixed Salad

Syrup

Sponge

## TUESDAY

Pork & Chicken Meatballs

Tomato Sauce

Savoury Rice / Pasta

Vegetable Lasagne (V)

Garlic Bread

Salad

Carrot Cake

## WEDNESDAY

Gammon & Pineapple

New Potatoes

Carrots & Broccoli

Butternut Squash, Spinach

& Feta Pie (V)

Roast Potatoes & Peas

Apple & Peach

Crumble

## THURSDAY

Battered Fish or Salmon Wedge (GF)

Chips

Peas, Beans or Curry Sauce

Vegetable Samosa (V)

Mint Dip (Yoghurt)

Chips, Peas

Fruit Yoghurt (GF)

Or Piece of Fruit (GF) (DF)

## FRIDAY

Chicken Jalfrezi

Brown & white Rice

Salad / Sweetcorn

Vegetable Cottage Pie (V)

Seasonal Vegetables

Chocolate

Concrete

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# WEEK FOUR

# Hot Meals

## MONDAY

Pasta Carbonara

Garlic Bread

Peas & Peppers

Cauliflower & Broccoli Cheese (V)

Garlic Bread

Cherry

Crumble

## TUESDAY

Chicken Fajita's

Sour Cream Dip

Salad, Savoury Rice

Chickpea & Vegetable Balti (V)

Wholegrain Rice & Naan Bread

(GF) (DF)

Pineapple

Upside Down Pudding

## WEDNESDAY

Roast Beef & Yorkshire Pudding

Roast Potatoes and Vegetables

Roast Vegetable & Pepper Wrap

Paprika Wedges (DF) (V)

Baked Jam Roll

Pink Custard

## THURSDAY

Battered Fish

Chips

Mushy Peas, Beans or Curry Sauce

Cheese & Onion Pastie (V)

Jelly or Ice Cream

## FRIDAY

Chicken Sagwala (GF) (DF)

Whole Grain Rice & Naan Bread

Salad, Savoury Rice

Quorn Sausages (V) (GF)

Garlic Mash & Tomato Sauce

Cheesecake

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