


# LUNCH




	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>SOUP</b>	Freshly made bread & soup of the day	Freshly made bread & soup of the day	Courgette & butterbean soup Fresh wholemeal bread	Freshly made bread & soup of the day	Freshly made bread & soup of the day	Freshly made bread & soup of the day
<b>MAIN COURSE ONE</b>	Piri piri chicken, squash & lentil stew	Roast turkey	Thai spiced chicken thighs	Lasagne	Battered MSC pollack	Spaghetti meatballs
<b>MAIN COURSE TWO</b>	Courgette, spinach & potato gratin	Roast pork loin	Eggs Florentine	Vegetable lasagne	Breaded halloumi with tomato & pineapple salsa	Cauliflower steaks & chimcurri
<b>ECO DISH</b> 	Eco Dish of the day	Beetroot & goats cheese wellington	Pastitsio		Chicken & mushroom pie	Eco Dish of the day
<b>ON THE SIDE</b>	Rice Mang tout Kale	Roast potatoes Green beans Buttered carrots	New potato Blackened corn on the cob Honey roast parsnips	Broccoli Wedges Butternut squash	Triple cooked chips, Mushy peas Peas Curry sauce	Kale Courgette Corn on cob
<b>PASTA &amp; JACKETS</b>	2 pasta sauces	2 pasta sauces	WHOLEMEAL PASTA  Quorn Bolognaise, Sunflower seed pesto	2 pasta sauces	2 pasta sauces	2 pasta sauces
	Beans & cheese	Beans & cheese	Sweet Jacket potato Beans & cheese	Beans & cheese	Beans & cheese	Beans & cheese
<b>HOT DESSERT</b>	Chocolate chip sponge	Carrot cake	Warm protein flapjack	Chocolate fudge cake	Pineapple upside down cake	Blueberry lemon cake
<b>COLD DESSERT</b>	Trifle pots	Strawberry cheesecake	Greek yoghurt, chia seed crumble, blueberry compote	Chocolate mousse	Shrewsbury mess	Brownie & cream
<b>CUT FRUIT</b>	Selection of sliced fruits	Selection of sliced fruits	Selection of sliced fruits	Selection of sliced fruits	Selection of sliced fruits	Selection of sliced fruits





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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>SOUP</b>	Freshly made bread & soup of the day	Freshly made bread & soup of the day	Vegetable broth with pearl barley Fresh wholemeal bread	Freshly made bread & soup of the day	Freshly made bread & soup of the day	Freshly made bread & soup of the day
<b>MAIN COURSE ONE</b>	Lamhmacun	Roast chicken leg	Dairy free chicken & chickpea curry	Lasagne	Battered MSC haddock with lemon wedges & tartare sauce	Spicy bean burger
<b>MAIN COURSE TWO</b>	Lentil Dahl	Gammon	Roast red pepper & buffalo mozzarella Buckwheat bagel	Vegetable lasagne	Wild mushroom risotto	Minced beef pie with dumplings
<b>ECO DISH</b> 	Eco Dish of the day	Butternut Risotto	Chicken & chorizo Jambalaya		Battered sausages	Eco Dish of the day
<b>ON THE SIDE</b>	Cous cous Coleslaw mix Sugar snaps	Roast potatoes Green vegetables Carrots	Brown rice Mange tout Roasted butternut squash	Broccoli Wedges	Chunky chips mushy peas Peas Curry sauce	Buttered potato Root vegetables Sweetcorn
<b>PASTA &amp; JACKETS</b>	2 pasta sauces	2 pasta sauces	WHOLEMEAL PASTA  Quorn Bolognaise, Sunflower seed pesto	2 pasta sauces	2 pasta sauces	2 pasta sauces
	Beans & cheese	Beans & cheese	Sweet Jacket potato Beans & cheese	Beans & cheese	Beans & cheese	Beans & cheese
<b>HOT DESSERT</b>	Sticky toffee pudding	'Old school cake'	Carrot cake	Apple crumble	White chocolate blondie	Lemon meringue pie cake
<b>COLD DESSERT</b>	Rocky road	Vanilla pannacotta	Bircher muesli pot	Sticky toffee pots	Chocolate orange pots	Jelly pots
<b>CUT FRUIT</b>	Selection of sliced fruits	Selection of sliced fruits	Selection of sliced fruits	Selection of sliced fruits	Selection of sliced fruits	Selection of sliced fruits