Sample Lunch Menu

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tomato & fennel soup	Sweet potato & leek soup	Curried cauliflower soup	Lentil Soup with Roast Cumin	Minestrone soup	Carrot & coriander soup
Jamaican Jerk Chicken Vegetable & chick pea moussaka Pasta with goats cheese & watercress sauce	Pork Escalope with a Peppercorn sauce Brie, spinach & mushroom filo bake Pasta with a tomato & basil sauce	Freshly baked pizza with toppings Beef & mushroom pie with gravy Korma spinach & potato roulade Pasta with a spicy sausage & tomato sauce	Chicken fajitas Mexican chilli bean fajitas, guacamole, salsa Spaghetti with carbonara sauce	Battered Haddock Lentil Dhal with roasted garlic naan bread Spaghetti bolognaise Pasta with tomato & olive sauce	Roast chicken with bacon Rich vegetable hotpot Pasta with a herb & garlic sauce
Rice Peas	Baby new potatoes Carrots Broccoli	Mash Potatoes Garlic bread Sweet corn	Rice Carrots French beans	Chips Rice Peas	Mash potatoes Sautéed kale
Jacket potato Salad selection	Jacket potato Salad selection	Jacket potato Salad selection	Jacket potato Salad selection	Jacket potato Salad selection	Jacket potato Salad selection
Apple Crumble & Custard	Strawberry Cheesecake	Carrot Cake	Creamy Rice Pudding Jelly	Treacle sponge & Custard Jelly	Chocolate sponge & custard
Selection of Yoghurts	Selection of Yoghurts	Selection of Yoghurts	Selection of Yoghurts	Selection of Yoghurts	Selection of Yoghurts