

# Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Soup of the day</b>	Carrot & Coriander	Curried Potato	Sweetcorn Chowder	Broccoli & Cauliflower	Tomato & Roasted Pepper	
<b>Main Meal</b>	Thai Green Marinated Chicken Breast Sticky Rice Thai Green Sauce Sugar Snaps Edamame Beans tossed in Chilli & Lime	Pork Hotdogs (Halal Chicken Sausage & Quorn Sausage Available) Hot Dog Buns Skinny Fries Selection of Sauces & Toppings Roasted Aubergines Peas & Sweetcorn	Moroccan Spiced Lamb Tagine Lemon Cous Cous Mini Flatbreads Roasted Red Pepper & Harissa Hummus Cucumber Yoghurt Broccoli & Cauliflower	Beef Bolognese Spaghetti Garlic Bread Roasted Courgettes Steamed Green Beans	<u><b>Chicken Katsu</b></u> Breaded Chicken Breast Katsu Sauce Sticky Rice Sweet Chilli Pak Choi Mangetout	<u><b>Taco Bar</b></u> Spicy Cajun Beef Mince Lime & Chilli Fish Cajun Quorn & Vegetable Taco shells Selection of sauces Steamed Pea & Edamame
<b>Vegetarian</b>	Thai Red Veg Curry	Roasted Tomato, Pepper & Olive Whole-Wheat Pasta topped with Homemade Basil Oil	Roasted Vegetable Tagine	Vegetable & 3 Bean Bolognese served with Penne Pasta	Panko Breaded Vegetable Katsu	Creamy Pesto Pasta
<b>Lighter option</b>	Welsh Rarebit Toasts topped with Chilli Jam & Crispy Onions	Blackened Cajun Salmon with Avocado and Mango Salsa	Grill Cod Loin Topped with a Crunchy Seed and Herb Crust served on a Lentil Cassoulet	Onion Bahjis served on Naan Bread topped with Mango Chutney and Coriander Yogurt	Macaroni Cheese topped with Sourdough & Chive Crumb	
<b>No Gluten &amp; Dairy</b>	<b>We have Non Gluten and Dairy Options Available Daily</b>					
<b>Fruit, Yogurt</b>	Jacket Potatoes and Beans Served Daily Fresh Fruit - A variety of topped Yogurts					
<b>Dessert</b>	Jam & Coconut Sponge	Chocolate & Salted Caramel Mousse Cups	Chocolate & Orange Cake topped with Chocolate Ganache	Rhubarb & Plum Crumble with Custard	Carrot Cake topped with Cream Cheese Icing	Lemon Drizzle Cake