

Lunch Menu



Mill Hill

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soup of the day	Spiced Carrot & Lentil	Tomato & Roasted Red Pepper	Creamy Mushroom	Spicy Thai Coconut	Broccoli & Stilton	Thai Red Vegetable Broth
Main Meal	Thai Red Chicken Curry Sticky Rice Steamed Pak Choi Sugar Snaps	Mexican Beef & Bean Chilli served with Taco Shell Cajun Rice Selection of Toppings Broccoli Peas	Cajun Spiced Chicken Thighs Floured Bap Garlic Roasted New Pots Sweetcorn Roasted Aubergines & Courgettes	Beef Lasagne Garlic Bread Sweetcorn Chard Broccoli with a Lemon Dressing	Breaded Butterfly Chicken Sticky Jasmine Rice Katsu Sauce Steamed Vegetables	Breaded Chicken Goujons Wrap with Tomato & Pineapple Salsa Sweet Potato Fries Roasted Courgettes
Vegetarian	Roasted Aubergine Halves topped with Moroccan Chickpeas, Feta & Pomegranate Seeds	Slow Roasted Vegetable Tagine served with Cous Cous & Hummus	Vegetable Paella topped with Roasted Tomatoes and Peppers	Broccoli & Stilton Puff Pastry Squares topped with Sun Dried Tomato Salsa & Basil Oil	Oven Baked Sweet Chilli Vegetable & Bean Wrap topped with Red Pepper Sauce & Cheese	Aubergine Parmigiana topped with Green Pesto
Lighter option	Spiced Lamb Pittas	Flaked Salmon & Lemon Risotto topped with Rocket & Dill	Quorn Mince Lasagne	Sea Bream Fillets Served on Steamed Veg With Char- Grilled Lemons & Pesto	Bacon and Mushroom Pasta Bake	BBQ Chicken Sweet Potato Fries Roasted Courgettes
Pasta option	A vegetarian pasta and sauce option will always be available.					
No Gluten & Dairy	We have non-gluten and non-dairy options available daily.					
Jackets Fruit and Yogurt	Jacket Potatoes and Beans served daily. Fresh Fruit - A variety of topped Yogurts					
Dessert	Caramel Shortcake	Syrup Sponge	Ice Cream Tubs	Fresh Fruit Thursday	Doughnuts	Brownie