

Lunch Menu	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Soup of the day</b>	Spiced Carrot & Lentil	Tomato & Roasted Red Pepper	Creamy Mushroom	Spicy Thai Coconut	Broccoli & Stilton	Thai Red Vegetable Broth
<b>Main Meal</b>	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	Battered Cod Fillet Chunky Chips Peas Mushy Peas	Breaded Chicken Goujons Wrap with Tomato & Pineapple Salsa Sweet Potato Fries Roasted Courgettes
<b>Vegetarian</b>	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 & Italian Hard Cheese	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
<b>Gluten Free</b>	Thai Chicken Curry with Jasmine Rice	Flaked Salmon & Lemon Risotto topped with Rocket & Dill	Sea Bream Fillets served on Steamed Veg With Char-Grilled Lemons & Pesto	Harissa Spiced Cod topped with Spicy Chickpeas	Steamed Cod Fillet topped with Salsa Verde	BBQ Chicken Sweet Potato Fries Roasted Courgettes
<b>Pasta Option</b>	Fusilli Roasted Cherry Tomato & Basil Sauce served separate	Penne Pasta Roasted Squash, Broccoli & Ricotta Sauce	Roasted Vegetable & Olive Pasta Salad	Pea & Mint Tortellini tossed in Basil Oil	Penne Pasta Served with Roasted Red Pepper & Sun Dried Tomato Sauce	Penne Pasta with Green Pesto Sauce
<b>Jackets</b>	Served with a selection of toppings.					
<b>Fruit and Yogurt</b>	Diced Fruit cups and a variety of flavours and topped Yogurts.					
<b>Dessert</b>	White Chocolate & Cherry Flapjack	Buttermilk & Honey Cheesecake Pots	Black Cherry Sponge Topped with Chocolate Ganache	Smoothie Bar	Chocolate Crispy Cake Drizzled with White Chocolate	