

Lunch Menu



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soup of the day	Spinach and Pea Soup	Roasted Tomato and Garlic	Mushroom	Sweet Potato and Leek	Smoked Tofu and Bean Soup	Ginger, Carrot and Swede Soup
Main Meal	Beef and Parsley Meatball Pasta Bake Grated Mozzarella Broccoli Roasted Courgettes	Shepherds Pie with Crispy Onions Thyme and Garlic Gravy Carrots and Peas	Mexican Chicken and Pepper Fajitas Spicy Bean Rice Sour Cream Salsa Guacamole Sweetcorn Edamame Beans	Thai Marinated Chicken Breast with Thai Red Sauce Sweet Chilli & Vegetable Fried Rice Mange Tout & Pak Choi	Battered Fish Fillets Tartar Sauce Chips Mushy Peas Garden Peas	Panini Bar Selection of Paninis Served with Italian Chicken and Mozzarella Chilli Beef Strips and Peppers Crispy Potatoes
Vegetarian Vegan option always available on request	Onion Bhaji served on Mini Naan Bread Topped with Cucumber Yoghurt, Chillies & Coriander Steamed Basmati Rice	Roasted Pepper, Spinach, Feta & Pumpkin Seed Frittata Roasted New Potatoes	Mixed Vegetable & Chickpea Curry with Spicy Rice, Mango Chutney & Naan Bread	Roasted Peppers stuffed with Veg Chilli topped with Cheese, Sour Cream & Spring Onion	Sweet potato, Leek & Butterbean savoury Crumble with Herb Topping	Moroccan Vegetable and Chickpeas with Harissa Yogurt
Lighter option	Chicken and Mushroom Risotto topped with Parmesan	Ham and Cheese Panini	Grilled Salmon with a Lemon and Dill Dressing	Vegetable and Tofu Stir-fry		Italian Chicken Salad
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