

LUNCH MENU

Week 3

MONDAY

Soup of the day

Paprika chicken & naan

Tuna & broccoli filled soft taco boats

Paneer & lentil jalfrezi (v)

Fruity cous cous

Mixed vegetables

cauliflower

Pasta bar: green bean pea & basil

(free from onion & garlic)

Bread & butter pudding & cream

Vegetarian jelly pots

Watermelon

TUESDAY

Vegetable & orzo soup

Classic beef lasagne & garlic bread

Classic vegetable lasagne & garlic bread (v)

Chilli topped with taco & vegan mayo (ve)

Sweetcorn & pea mix

White cabbage & caraway

Pasta bar: garlic & cream cheese

Lemon swirl cake

Strawberry mousse

Orange wedges

WEDNESDAY

Classic tomato & basil soup

Hen den concept lunch

Baked haddock topped with pesto bread crumb

Veggie hen den lunch (v)

Classic potato salad

Grilled fresh tomato

Corn cobbs & BBQ sauce

Pasta bar: Classic tomato

(free from onion & garlic)

Stem ginger sponge with vanilla sauce

Vegetarian jelly pot

Fresh melon

THURSDAY

Leek & potato soup

Creamy turkey & sweetcorn pie

Plant based meatballs in a tomato gravy (ve)

Chunky cauliflower korma (v)

(free from onion & garlic)

Classic roasted potato

Carrots & butterbeans

Pasta bar: light spiced sweet potato

Chocolate chip flapjacks

Fruit yogurt pot

Mixed fruit salad

FRIDAY

Soup of the day

Breaded sustainable fish with lemon & tartare sauce

Roasted vegetable pizza (v)

Plant based mushroom & spinach pizza (ve)

Chips

Baked beans

Peas

Choc ice

Daily jacket potato bar

Jacket potato with a choice of fillings:

cheddar cheese

baked beans

tuna

mayo