

LUNCH MENU

Week 1



MONDAY

Soup

Squash, chilli & coconut
Homemade bread
Seeds & toppings

Mains

Pasta bar
Beef bolognese
Or
Creamy chicken, sundried
tomato & spinach

Pasta & jacket

Classic pomodoro
Cheddar cheese
Baked beans

Plant based

Green pea & pesto
Or
Roasted red pepper, chickpea &
tomato

Sides

Handmade garlic & rosemary
focaccia
Garden salad
Mediterranean vegetables

Dessert of the Day

Berry cheesecake

Dessert of the Day

Selection of yoghurts, jellies,
fruit pots

TUESDAY

Soup

Turkish red lentil
Homemade bread
Seeds & toppings

Mains

Turkish chicken shawarma,
khobez, salads & sauces

Pasta & jacket

Beef chilli
Classic pomodoro
Baked potato and sweet potato
Tuna mayo
Baked beans

Plant based

Sumac roasted oyster
mushroom shawarma, khobez,
salads & sauces

Sides

Paprika & herb seasoned wedges
Garlic roasted broccoli
Charred corn on the cob
Mint yoghurt, chilli sauce

Dessert of the Day

Lemon meringue cake

Dessert of the Day

Selection of yoghurts, jellies,
fruit pots

WEDNESDAY

Soup

Masala cauliflower bhaji
Homemade bread
Seeds & toppings

Mains

Honey glazed gammon

Pasta & jacket

Lebanese chicken
Classic pomodoro
Cheddar cheese
Baked beans

Plant based

Roasted butternut & lentil
wellington

Sides

Rosemary roast potatoes
Yorkshire pudding
Honey glazed carrots
Flash fried greens
Gravy

Dessert of the Day

Apple crumble & custard

Dessert of the Day

Selection of yoghurts, jellies,
fruit pots

THURSDAY

Soup

Leek & potato
Homemade bread
Seeds & toppings

Mains

Katsu chicken thigh

Pasta & jacket

Pulled ham carbonara
Classic pomodoro
Baked potato and sweet potato
Baked beans
Tuna mayo

Plant based

Tempura vegetables

Sides

Steamed soy & chilli noodles
Pickled vegetables
Stir fried vegetables

Dessert of the Day

Courgette & lemon cake

Dessert of the Day

Selection of yoghurts, jellies,
fruit pots

FRIDAY

Soup

Roasted tomato & garlic
Homemade bread
Seeds & toppings

Mains

Build your own Burger

Pasta & jacket

Smoked mackerel carbonara
Classic pomodoro
Cheddar cheese
Baked beans

Plant based

Quinoa & beetroot burger

Sides

Seasoned fries
Chunky slaw
Garden peas
Baked beans

Dessert of the Day

Chocolate beetroot brownie

Dessert of the Day

Selection of yoghurts, jellies,
fruit pots

LUNCH MENU

Week 2



MONDAY

Soup

Roasted red pepper
Homemade bread
Seeds & toppings

Mains

Thai Beef Massaman curry

Pasta & jacket

Roasted red pepper & feta
Classic pomodoro
cheddar cheese
Baked beans

Plant based

Quorn & aubergine rendang

Sides

Coconut sticky rice
Green beans & baby corn
Thai cabbage

Dessert of the Day

Frosted carrot cake

Dessert of the Day

Selection of yoghurts, jellies,
fruit pots

TUESDAY

Soup

Spicy roast parsnip
Homemade bread
Seeds & toppings

Mains

Lemon, honey & oregano glazed
chicken

Pasta & jacket

Classic pomodoro
Baked potato or sweet potato
Baked beans
Tuna mayo
Thai beef curry

Plant based

Spinach, plant-based chicken &
sweet potato tortilla

Sides

Sauteed spinach & peas
Garden salad
Patatas bravas

Dessert of the Day

Sultana & honey flapjack

Dessert of the Day

Selection of yoghurts, jellies,
fruit pots

WEDNESDAY

Soup

Chunky vegetable
Homemade bread
Seeds & toppings

Mains

Build your own Mac n cheese

Pasta & jacket

Smoky chicken & chickpea
Classic pomodoro
cheddar cheese
Baked beans

Plant based

Build your own Mac n no cheese

Sides

Handmade garlic & rosemary
focaccia
Charred corn on the cob
Glazed herb carrots

Dessert of the Day

Mixed berry fool

Dessert of the Day

Selection of yoghurts, jellies,
fruit pot

THURSDAY

Soup

Red lentil, chickpea & Chilli
Homemade bread
Seeds & toppings

Mains

Jerk Chicken, Pineapple Salsa

Pasta & jacket

Classic pomodoro
3 cheese sauce
Baked potato or sweet potato
Baked beans
Tuna mayo

Plant based

Jamaican jackfruit & butternut
stew

Sides

Rice & peas
Pak choi & Chinese cabbage
Roast pepper & corn

Dessert of the Day

Jamaican ginger sponge

Dessert of the Day

Selection of yoghurts, jellies,
fruit pots

FRIDAY

Soup

Creamy mushroom
Homemade bread
Seeds & toppings

Mains

Jumbo fish finger bap, tartare
sauce

Pasta & jacket

Creamy flaked salmon & spinach
Classic pomodoro
cheddar cheese
Baked beans

Plant based

Cajun tofu & charred pepper
fajita

Sides

Chip shop chips
Curry sauce
Mushy peas
Garden Peas

Dessert of the Day

Banana millionaires cake

Dessert of the Day

Selection of yoghurts, jellies,
fruit pots

LUNCH MENU

Week 3



MONDAY

Soup

Sweet tomato & basil
Homemade bread
Seeds & toppings

Mains

Hickory BBQ chicken thigh

Pasta & jacket

Paneer & chickpea balti
Classic pomodoro
Basil pesto
Baked beans
cheddar cheese

Plant based

Boston bean burger with a vegan
brioche bun

Sides

Chive butter new potatoes
Broccoli
Green beans
Kansas slaw

Dessert of the Day

Mango mousse pots

Dessert of the Day

Selection of yoghurts, jellies,
fruit pots. Banana & caramel
mess

TUESDAY

Soup

Carrot & chilli
Homemade bread
Seeds & toppings

Mains

Ultimate beef lasagna, garlic
bread, rocket & parmesan

Pasta & jacket

BBQ chicken
Classic pomodoro
Baked potato or sweet potato
Baked beans
cheddar cheese

Plant based

ultimate eat curious lasagna,
garlic bread, rocket & parmesan

Sides

Roasted med vegetables
Garden peas
Rocket & parmesan
Garlic bread

Dessert of the Day

Lemon drizzle cake

Dessert of the Day

Selection of yoghurts, jellies,
fruit pots. Mousse pot

WEDNESDAY

Soup

Cauliflower & herb
Homemade bread
Seeds & toppings

Mains

Shepherds Pie

Pasta & jacket

Beef chilli
Classic pomodoro
Baked potato or sweet potato
Baked beans
cheddar cheese

Plant based

BYO 5 spiced chicken style
flatbread

Sides

Mashed Potato
Glazed Carrots
Flash Fried Greens

Dessert of the Day

Passionfruit rice pudding

Dessert of the Day

Selection of yoghurts, jellies,
fruit pots. Berry sundae pot

THURSDAY

Soup

Pea & watercress
Homemade bread
Seeds & toppings

Mains

Chicken & chorizo paella

Pasta & jacket

Flaked trout Putanesca
Classic pomodoro
Baked potato or sweet potato
Baked beans
cheddar cheese

Plant based

Crispy tofu folded naan
flatbread, spicy mayo, cheese,
rocket

Sides

Smoked paprika wedges
Sauteed courgette & peppers
Paprika roast corn cobs

Dessert of the Day

Orange & polenta cake

Dessert of the Day

Selection of yoghurts, jellies,
fruit pots. Cheesecake pot

FRIDAY

Soup

French onion
Homemade bread
Seeds & toppings

Mains

Hand battered fish, tartare,
lemon

Pasta & jacket

Creamy pesto
Classic pomodoro
cheddar cheese
Baked beans

Plant based

Handmade vegan sausage roll

Sides

Mushy peas
Garden peas
Baked beans
Chunky chips

Dessert of the Day

Warm Cookie bar

Dessert of the Day

Selection of yoghurts, jellies,
fruit pots. Mousse pot