

LUNCH MENU



50%
Contains
50% fruit



WEEK 1

Weeks commencing: 17th Apr • 8th May • 5th June • 26th June • 17th July • 18th Sept • 9th Oct

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAINS	East Anglian pork sausages with gravy and mashed potatoes	Chicken pasta bake with garlic bread	Yorkshire pudding with beef strips and herby diced potatoes	Roast pork, stuffing, apple sauce and gravy with roast potatoes	Oven baked battered cod fillet with tomato sauce and chips
	Quorn chipolatas with gravy and mashed potatoes ✓	Vegetable samosas with mint and yoghurt dip and rice ✓	Mac 'n' cheese with garlic and herb focaccia ✓	Cheese quiche and roast potatoes ✓	Quorn dippers with tomato sauce and chips ✓
	Salmon salad baguette with salad garnish	Jacket potato with baked beans ✓	Egg and cress on an open bun with salad garnish ✓	Jacket potato with tuna and sweetcorn	Ham Ploughman's with salad garnish
DESSERTS	Fruit flapjack with a slice of fresh fruit 50%	Apple and cinnamon crumble with custard 50%	Wicked fruity Wednesday 100%	Strawberry mousse and a fresh fruit slice 50%	Fruit muffin with fresh milk
	Fruit yoghurt	Fruit and yoghurt granola pot 50%	Fruit yoghurt	Iced fruit smoothie	Fruit yoghurt

WEEK 2

Weeks commencing: 24th Apr • 15th May • 12th June • 3rd July • 4th Sept • 25th Sept • 16th Oct

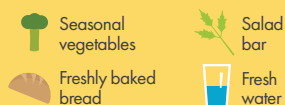
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAINS	Local pork grill in a bun	Beef Bolognaise with penne pasta	Barbeque chicken with rice	Roast turkey, stuffing and gravy with roast potatoes	Fish fingers or salmon bites with tomato sauce and chips
	Quorn grill in a bun ✓	Cauliflower and broccoli bake with garlic bread ✓	Bean and vegetable bake with herby diced potatoes ✓	Quorn fillet, stuffing and gravy with roast potatoes ✓	Pasta Neapolitan ✓
	Jacket potato with baked beans ✓	Tuna and cucumber filled roll with salad garnish	Ham salad baguette with salad garnish	Cheese salad wrap with salad garnish ✓	Jacket potato with cheese and coleslaw ✓
DESSERTS	Mini chocolate brownie with fresh fruit 50%	American pancake and ice cream with raspberry sauce	Wicked fruity Wednesday 100%	Vanilla cheesecake	Cappuccino cake with fresh milk
	Fruit and yoghurt granola pot 50%	Fruit yoghurt	Iced fruit smoothie	Fruit yoghurt	Fruit yoghurt

WEEK 3

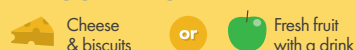
Weeks commencing: 1st May • 22nd May • 19th June • 10th July • 11th Sept • 2nd Oct

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAINS	Pork meatballs with tomato and basil sauce and spaghetti	Beef shepherd's pie and gravy	Mega ham and tomato pizza	Roast chicken, stuffing and gravy with roast potatoes	Fish fingers with tomato sauce and chips
	Herby spaghetti with garlic and herb focaccia ✓	Quorn shepherd's pie and gravy ✓	Mega cheese and tomato pizza ✓	Roasted vegetable filled Yorkshire pudding and roast potatoes ✓	Vegetable Bolognaise with penne pasta ✓
	Jacket potato with baked beans ✓	Egg and cress filled roll with salad garnish ✓	Jacket potato with tuna mayonnaise	Ham salad baguette with salad garnish	Coronation Quorn wrap with salad garnish ✓
DESSERTS	Waffle and ice cream	Carrot cake and fruit slice with fresh milk 50%	Wicked fruity Wednesday 100%	Fruit jelly with ice cream	Oat and raisin biscuit with a slice of fresh fruit 50%
	Fruit yoghurt	Fruit yoghurt	Iced fruit smoothie	Fruit yoghurt	Fruit and yoghurt granola pot 50%

AVAILABLE DAILY!



ALTERNATIVE DESSERTS



Salad bar available subject to the style of service. Some menus or items on the menu are subject to change. All vegetables are seasonal with the exception of peas, sweetcorn and baked beans.

