



LUNCH MENU - WEEK 1

(v) vegetarian,

KITCHEN FAVOURITES

MARKET FRESH

SOMETHING SWEET

MONDAY

<p>MAINS</p> <p>Quorn Sausage (v)</p> <p>Pork Sausage</p> <p>SIDES</p> <p>Mashed Potato, Yorkshire Pudding, Carrots and Broccoli</p>	<p>BAKED POTATOES, SOUP AND SANDWICHES</p> <p>Baked or Sweet Potatoes with a variety of fillings</p> <p>Cheese, Ham or Tuna Mayonnaise sandwiches</p> <p>Leek and Potato soup with fresh croutons</p>	<p>SALAD</p> <p>A selection of freshly made salads including coleslaw, cucumber, tomato, lettuce, mixed peppers and red onion</p>	<p>Jam Tart</p> <p>Greek Yoghurt</p> <p>Fresh Fruit</p>
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TUESDAY

<p>MAINS</p> <p>Roasted Vegetable Lasagne (v)</p> <p>Mediterranean Chicken with Fusilli Pasta</p> <p>SIDES</p> <p>Garlic Bread and Mixed Leaf Salad</p>	<p>BAKED POTATOES, SOUP AND SANDWICHES</p> <p>Baked or Sweet Potatoes with a variety of fillings</p> <p>Cheese, Ham or Tuna Mayonnaise sandwiches</p> <p>Sweet Potato and Red Pepper soup with fresh croutons</p>	<p>SALAD</p> <p>A selection of freshly made salads including coleslaw, cucumber, tomato, lettuce, mixed peppers and red onion</p>	<p>Strawberry Jelly Pots</p> <p>Greek Yoghurt</p> <p>Fresh Fruit</p>
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WEDNESDAY

<p>MAINS</p> <p>Cheese and Potato Pie (v)</p> <p>Cottage Pie</p> <p>SIDES</p> <p>Roasted New Potatoes, Peas and Carrots</p>	<p>BAKED POTATOES, SOUP AND SANDWICHES</p> <p>Baked or Sweet Potatoes with a variety of fillings</p> <p>Cheese, Ham or Tuna Mayonnaise sandwiches</p> <p>Vegetable soup with fresh croutons</p>	<p>SALAD</p> <p>A selection of freshly made salads including coleslaw, cucumber, tomato, lettuce, mixed peppers and red onion</p>	<p>Chocolate Chip Cookie</p> <p>Greek Yoghurt</p> <p>Fresh Fruit</p>
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THURSDAY

<p>MAINS</p> <p>Katsu Quorn (v)</p> <p>Katsu Chicken</p> <p>SIDES</p> <p>Steamed Rice, Curry Sauce and Mixed Vegetables</p>	<p>BAKED POTATOES, SOUP AND SANDWICHES</p> <p>Baked or Sweet Potatoes with a variety of fillings</p> <p>Cheese, Ham or Tuna Mayonnaise sandwiches</p> <p>Mushroom and Thyme soup with fresh croutons</p>	<p>SALAD</p> <p>A selection of freshly made salads including coleslaw, cucumber, tomato, lettuce, mixed peppers and red onion</p>	<p>Iced Vanilla Sponge</p> <p>Greek Yoghurt</p> <p>Fresh Fruit</p>
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FRIDAY

<p>MAINS</p> <p>Cheese Panini (v)</p> <p>Battered Cod</p> <p>SIDES</p> <p>Fries, Baked Beans, Mushy Peas or Garden Peas</p>	<p>BAKED POTATOES, SOUP AND SANDWICHES</p> <p>Baked or Sweet Potatoes with a variety of fillings</p> <p>Cheese, Ham or Tuna Mayonnaise sandwiches</p> <p>Tomato soup with fresh croutons</p>	<p>SALAD</p> <p>A selection of freshly made salads including coleslaw, cucumber, tomato, lettuce, mixed peppers and red onion</p>	<p>Yoghurt and Coulis Pots</p> <p>Greek Yoghurt</p> <p>Fresh Fruit</p>
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KITCHEN FAVOURITES

MARKET FRESH

SOMETHING SWEET

MONDAY

<div><div>MAINS</div><div>Mexican Bean Burritos (v)</div><div>Beef Chilli Con Carne</div><div>SIDES</div><div>Steamed Rice, Peas and Carrots</div></div>	<div><div>BAKED POTATOES, SOUP AND SANDWICHES</div><div>Baked or Sweet Potatoes with a variety of fillings</div><div>Cheese, Ham or Tuna Mayonnaise sandwiches</div><div>Tomato and red pepper soup with fresh croutons</div></div>	<div><div>SALAD</div><div>A selection of freshly made salads including coleslaw, cucumber, tomato, lettuce, mixed peppers and red onion</div></div>	<div><div>Flapjack</div><div>Greek Yoghurt</div><div>Fresh Fruit</div></div>
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TUESDAY

<div><div>MAINS</div><div>Quorn Fillet (v)</div><div>Roast Pork</div><div>SIDES</div><div>Roast Potatoes, Yorkshire Pudding, Broccoli and Cauliflower</div></div>	<div><div>BAKED POTATOES, SOUP AND SANDWICHES</div><div>Baked or Sweet Potatoes with a variety of fillings</div><div>Cheese, Ham or Tuna Mayonnaise sandwiches</div><div>Curried Parsnip soup with fresh croutons</div></div>	<div><div>SALAD</div><div>A selection of freshly made salads including coleslaw, cucumber, tomato, lettuce, mixed peppers and red onion</div></div>	<div><div>Chocolate Chip Muffin</div><div>Greek Yoghurt</div><div>Fresh Fruit</div></div>
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WEDNESDAY

<div><div>MAINS</div><div>Macaroni Cheese</div><div>Tomato and Basil Sauce with Spaghetti</div><div>SIDES</div><div>Garlic Bread and Fresh Vegetables</div></div>	<div><div>BAKED POTATOES, SOUP AND SANDWICHES</div><div>Baked or Sweet Potatoes with a variety of fillings</div><div>Cheese, Ham or Tuna Mayonnaise sandwiches</div><div>Broccoli and Stilton soup with fresh croutons</div></div>	<div><div>SALAD</div><div>A selection of freshly made salads including coleslaw, cucumber, tomato, lettuce, mixed peppers and red onion</div></div>	<div><div>Banana Cake</div><div>Greek Yoghurt</div><div>Fresh Fruit</div></div>
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THURSDAY

<div><div>MAINS</div><div>Katsu Quorn (v)</div><div>Katsu Chicken</div><div>SIDES</div><div>Steamed Rice, Curry Sauce and mixed vegetables</div></div>	<div><div>BAKED POTATOES, SOUP AND SANDWICHES</div><div>Baked or Sweet Potatoes with a variety of fillings</div><div>Cheese, Ham or Tuna Mayonnaise sandwiches</div><div>Roast Carrot soup with fresh croutons</div></div>	<div><div>SALAD</div><div>A selection of freshly made salads including coleslaw, cucumber, tomato, lettuce, mixed peppers and red onion</div></div>	<div><div>Strawberry Mousse Pots</div><div>Greek Yoghurt</div><div>Fresh Fruit</div></div>
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FRIDAY

<div><div>MAINS</div><div>Quorn Dippers (v)</div><div>Fish Fingers</div><div>SIDES</div><div>Fries, Baked Beans, Mushy Peas or Garden Peas</div></div>	<div><div>BAKED POTATOES, SOUP AND SANDWICHES</div><div>Baked or Sweet Potatoes with a variety of fillings</div><div>Cheese, Ham or Tuna Mayonnaise sandwiches</div><div>Tomato soup with fresh croutons</div></div>	<div><div>SALAD</div><div>A selection of freshly made salads including coleslaw, cucumber, tomato, lettuce, mixed peppers and red onion</div></div>	<div><div>Waffles and Chocolate Sauce</div><div>Greek Yoghurt</div><div>Fresh Fruit</div></div>
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LUNCH MENU - WEEK 3

(v) vegetarian, (vg) vegan

KITCHEN FAVOURITES

MARKET FRESH

SOMETHING SWEET

MONDAY

<p>MAINS</p> <p>Quorn Sausage (v)</p> <p>Pork Chops</p> <p>SIDES</p> <p>Mashed Potato, Broccoli and Cauliflower</p>	<p>BAKED POTATOES, SOUP AND SANDWICHES</p> <p>Baked or Sweet Potatoes with a variety of fillings</p> <p>Cheese, Ham or Tuna Mayonnaise sandwiches</p> <p>Moroccan Vegetable soup with fresh croutons</p>	<p>SALAD</p> <p>A selection of freshly made salads including coleslaw, cucumber, tomato, lettuce, mixed peppers and red onion</p>	<p>Jam Roly Poly and Custard</p> <p>Greek Yoghurt</p> <p>Fresh Fruit</p>
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TUESDAY

<p>MAINS</p> <p>Quorn Burger (v)</p> <p>Chicken Parmo</p> <p>SIDES</p> <p>Potato Wedges and Salad</p>	<p>BAKED POTATOES, SOUP AND SANDWICHES</p> <p>Baked or Sweet Potatoes with a variety of fillings</p> <p>Cheese, Ham or Tuna Mayonnaise sandwiches</p> <p>Spicy Tomato soup with fresh croutons</p>	<p>SALAD</p> <p>A selection of freshly made salads including coleslaw, cucumber, tomato, lettuce, mixed peppers and red onion</p>	<p>Rocky Road</p> <p>Greek Yoghurt</p> <p>Fresh Fruit</p>
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WEDNESDAY

<p>MAINS</p> <p>Cheese Tortellini (v)</p> <p>Beef Lasagne</p> <p>SIDES</p> <p>Garlic Bread, Peas and Carrots</p>	<p>BAKED POTATOES, SOUP AND SANDWICHES</p> <p>Baked or Sweet Potatoes with a variety of fillings</p> <p>Cheese, Ham or Tuna Mayonnaise sandwiches</p> <p>Chinese Style Hot Vegetable soup with fresh croutons</p>	<p>SALAD</p> <p>A selection of freshly made salads including coleslaw, cucumber, tomato, lettuce, mixed peppers and red onion</p>	<p>Yoghurt and Coulis Pots</p> <p>Greek Yoghurt</p> <p>Fresh Fruit</p>
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THURSDAY

<p>MAINS</p> <p>Katsu Quorn (v)</p> <p>Katsu Chicken</p> <p>SIDES</p> <p>Steamed Rice, Curry Sauce and mixed vegetables</p>	<p>BAKED POTATOES, SOUP AND SANDWICHES</p> <p>Baked or Sweet Potatoes with a variety of fillings</p> <p>Cheese, Ham or Tuna Mayonnaise sandwiches</p> <p>Vegetable soup with fresh croutons</p>	<p>SALAD</p> <p>A selection of freshly made salads including coleslaw, cucumber, tomato, lettuce, mixed peppers and red onion</p>	<p>Sticky Toffee Cake</p> <p>Greek Yoghurt</p> <p>Fresh Fruit</p>
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FRIDAY

<p>MAINS</p> <p>Cheese and Tomato Pizza (v)</p> <p>Fish Goujons</p> <p>SIDES</p> <p>Fries, Coleslaw and Salad</p>	<p>BAKED POTATOES, SOUP AND SANDWICHES</p> <p>Baked or Sweet Potatoes with a variety of fillings</p> <p>Cheese, Ham or Tuna Mayonnaise sandwiches</p> <p>Tomato and Basil soup with fresh croutons</p>	<p>SALAD</p> <p>A selection of freshly made salads including coleslaw, cucumber, tomato, lettuce, mixed peppers and red onion</p>	<p>Orange Jelly Pots</p> <p>Greek Yoghurt</p> <p>Fresh Fruit</p>
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