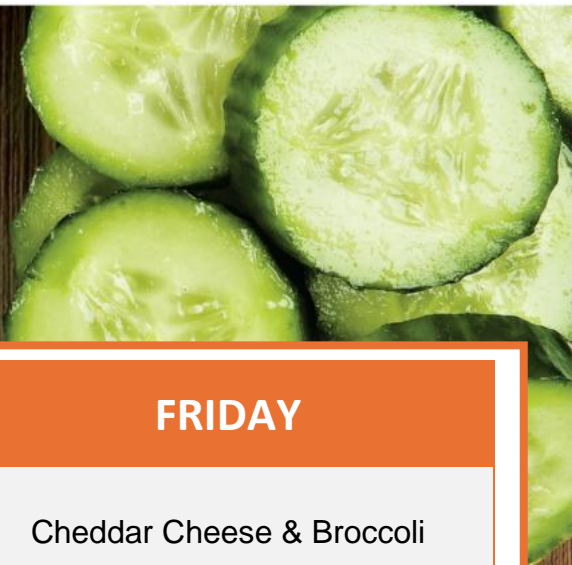




Lunch – Week Three



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------|--|--|---|-------------------------------------|---|
| Homemade Soup | Vegetable & Miso Broth | Tomato & Red Pepper | Kale, Pea & Spinach | Carrot, Ginger & Red Lentil | Cheddar Cheese & Broccoli |
| Homemade Bread | Crusty Farmhouse | Focaccia | Pumpkin Seed | Wholemeal Farmhouse | Garlic & Thyme |
| Main Course | Chicken Shawarma Wrap with Couscous, Garlic Sauce & Chilli Salsa | Beef & Tomato Ragout Gnocchi with Parmesan & Panko Crumb | Thyme Roasted Turkey with Roasted Potato & Gravy | Classic Beef Lasagne & Garlic Bread | BBQ Chicken & Roasted Vegetable Buritto |
| Vegetarian | Persian Style Tagine with Chickpeas & Aubergine Couscous | Jackfruit Red Thai Style Curry & Noodles | Feta & Sweet Potato Wellington | Black Bean Tofu & Rice | Lentil Dhal with Basmati Rice, Naan |
| Vegetables & Sides | Sweetcorn Carrots | Cauliflower Fine Beans | Parsnips Broccoli | Stir Fry Veg Courgette | Homemade Potato Wedges Peas & Corn |
| Pasta Bar | Freshly Cooked Pasta & Gluten Free Gnocchi served with Baby Spinach Leaves & Fresh Parmesan | | | | |
| | Mushroom Carbonara | Classic Bolognese Sauce | Creamy Quorn & Spring Onion | Chicken & Olive Ragu | Roasted Tomato & Basil |
| | Mascarpone & Tomato Sauce | Homemade Pesto with Grated Lemon | Tomato & Red Lentil | Beetroot & Feta Pesto | Three Cheese Sauce |
| Jacket Potato Bar | Baked Sweet Potatoes, Red Roosters & Butternut Squash Halves Served with a Selection of Hot & Cold filling to include: Cottage Cheese, Cheddar Cheese, Tuna Mayonnaise, Baked Beans | | | | |
| Dessert | Spiced Plum Cake with Chantilly Cream | Lemon, Yoghurt & Blueberry Muffin Traybake | Apple, Fruits of the Forest Oaty Crumble with Custard Sauce | Ice Cream | Chocolate Sponges & Chocolate Sauce |
| Fruit & Yoghurt Bar | Natural & Greek Yoghurt with Fruit Salad, Fruit Compotes & Granola | | | | |
| Sandwiches, Wraps, Bagels & Baguettes | Selection Daily Featuring - Chicken & Mayonnaise, Carved Ham & Salad, Free Range Egg Mayonnaise, Line Caught Tuna Mayonnaise & Cucumber | | | | |
| Hydration Station | Selection of Naturally Flavoured Waters | | | | |