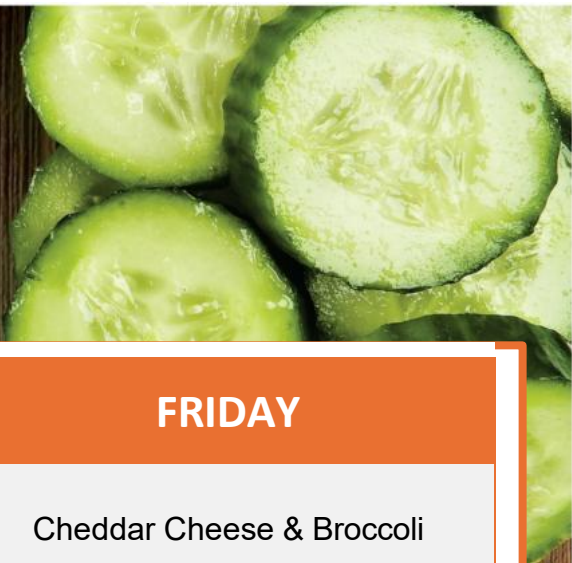




Lunch – Week Three



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Homemade Soup	Vegetable & Miso Broth	Tomato & Red Pepper	Pea & Mint	Carrot & 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	Turkey & Vegetable Pie with Roasted Potato & Gravy	Classic Beef Lasagne & Garlic Bread	BBQ Chicken & Roasted Vegetable Rice Burrito
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 Medley of Vegetables	Broccoli Courgette	Homemade Potato Wedges Peas & Corn
Pasta Bar 1874	Freshly Cooked Pasta & Gluten Free Gnocchi served with Baby Spinach Leaves & Fresh Parmesan				
	Butternut Squash, Mac 'n' Cheese Jalapeno & Crispy Onions	Classic Veggie Bolognese Sauce	Creamy Cheese Sauce	Chicken Arrabiata	Roasted Tomato & Basil
	Mascarpone & Tomato Sauce	Homemade Pesto with Grated Lemon	Tomato & Red Lentil	Sun Blushed Tomato & Basil Pesto	Three Cheese Sauce
Jacket Potato Bar 1874	Baked Sweet Potatoes, Red Roosters & Butternut Squash Halves Served with a Selection of Hot & Cold filling to include 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 Sponge & Chocolate Sauce
Fruit & Yoghurt Bar	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				
Free Water	Free Water Available form the Filtered Water Pumps				