

# Sample Lunch Menu

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Main meals	Chicken Breast in Tomato & Basil Sauce (GF/DF) or Cauliflower, Spinach & Lentil Curry (VV/GF)	Premium Roast Beef in Gravy (GF/DF) or Tomato, Lentil & Sweet Potato Crumble (VV)	Chicken Korma(GF) or Vegetable Lasagne (V)	Bbq Pulled Pork with Peppers (GF/DF) or Cheese & Onion Pie (V)	Battered Haddock (DF) or Macaroni Cheese (V)	Pork Meatballs in Tomato & Herb Sauce or Vegetarian Tikka Masala (V/GF)
Served with	West Country Cheddar Mash (V/GF) or Vegetable Rice (VV/GF)	Golden Roasting Potatoes (VV/GF) or Mashed Potato (VV/GF)	Basmati Yellow Rice (VV/GF) or Potato Wedges (VV/GF)	Sauté Potatoes (VV/GF) or Baby Potatoes (VV/GF)	Oven Chips (VV/GF) or Croquette Potatoes (VV/GF)	Penne Pasta (VV) or White Rice (VV/GF)
Accompanied by	Carrots with Parsley Butter (V/GF) & Minted Summer Vegetables (VV/GF)	Large Broccoli (VV/GF) & Red Cabbage with Apple & Port (V/GF)	Mediterranean Veg with Pecorino Cheese & Basil Butter (V/GF) & Peas (VV/GF)	Mixed Vegetables (VV/GF) & Sweetcorn (VV/GF)	Mushy Peas (VV/GF) & Baked Beans (VV/GF)	Vegetable Medley (VV/GF) & Sliced Carrots (VV/GF)
Dessert	Sticky Toffee Pudding (V)	Apple Crumble (VV)	Ready To Bake Vanilla Cheesecake (V)	Lemon Flavour Sponge (V/DF)	Chocolate Chip Pudding with Salted Caramel Sauce (V)	Summer Fruit Crumble (VV)

GF: Gluten Free V: Vegetarian VV: Vegan DF: Made without milk



# Sample Lunch Menu

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Main meals	Chicken Curry (GF/DF) or Vegetable & Coconut Curry (VV/GF)	Pork with Sage Stuffing in Gravy (GF/DF) or Vegetarian Sausage Casserole (V/DF)	Pasta in Cheese Sauce (V) or Lentil & Vegetable Flaky Topped Pie (VV)	Beef Stroganoff (GF) or Moroccan Bean Casserole (VV/GF)	Fish Pie (GF) or Cheese & Onion Quiche (V)	Chicken Kiev or Lentil Bolognese (VV/GF)
Served with	Vegetable Rice (VV/GF) or Whole Jacket Potatoes (VV/GF)	Golden Roasting Potatoes (VV/GF) or Mashed Potato (V/GF)	Sauté Potatoes (VV/GF) or Minted Boiled Potatoes (VV/GF)	Colcannon Mash (VV/GF) or White Rice (VV/GF)	Baby Potatoes (VV/GF) or Oven Chips (VV/GF)	Potato Wedges (VV/GF) or Penne Pasta (VV)
Accompanied by	Peas (VE/GF) & Sweetcorn (VV/GF)	Minted Summer Vegetables (VE/GF) & Carrots with Parsley Butter (V/GF)	Cut Green Beans (VV/GF) & Vegetable Medley (VV/GF)	Red Cabbage with Apple & Port (V/GF) & Mediterranean Veg with Pecorino Cheese & Basil Butter (V/GF)	Baked Beans (VV/GF) & Minted Summer Vegetables (VV/GF)	Sweetcorn (VV/GF) & Mixed Vegetables (VV/GF)
Dessert	Peach & Raspberry Pie (VV)	Jamaican Ginger Pudding with Orange Sauce (V)	Pineapple Sponge (V/DF)	Apricot Crumble (VV)	Bakewell Tart (V/DF)	Chocolate Éclairs (V)

GF: Gluten Free   V: Vegetarian   VV: Vegan   DF: Made without milk

