



# LUNCH

your hot choices

## MONDAY

### Main Meal

**Chilli con Carne**  
Served with rice

### Vegetarian Meal

**Spinach & Mozzarella Parcel**  
Served with seasonal side salad

**Seasonal Fresh Vegetables**  
**Fresh Crisp Salad**

**Hot Grab 'n' Go**  
**Pizza Selection**  
**Jacket Potato**  
**Hot Wraps**  
**Pasta & Sauce**

### Dessert

**Chocolate Fudge Pudding**  
Served with chocolate sauce

## TUESDAY

### Main Meal

**Sausage & Mash**  
Served with creamy mashed potato

### Vegetarian Meal

**Spanish Frittata**  
Egg omelette with diced potatoes and peppers topped with grated cheese

**Seasonal Fresh Vegetables**  
**Fresh Crisp Salad**

**Hot Grab 'n' Go**  
**Pizza Selection**  
**Jacket Potato**  
**Hot Wraps**  
**Pasta & Sauce**

### Dessert

**Apricot Crumble**  
Served with custard

## WEDNESDAY

### Main Meal

**Traditional Roast Chicken**  
Served with sage & onion stuffing

### Vegetarian Meal

**Vegetarian Cottage Pie**  
Minced quorn in a rich onion gravy topped with mash potato and oven baked

**Roast Potatoes**  
**Seasonal Fresh Vegetables**  
**Fresh Crisp Salad**

**Hot Grab 'n' Go**  
**Pizza Selection**  
**Jacket Potato**  
**Hot Wraps**  
**Pasta & Sauce**

### Dessert

**Iced Vanilla sponge**

## THURSDAY

### Main Meal

**Sweet & Sour Pork**  
Served with noodles

### Vegetarian Meal

**Mushroom Stroganoff**  
Sautéed mushrooms in a creamy paprika sauce served with fluffy rice

**Seasonal Fresh Vegetables**  
**Fresh Crisp Salad**

**Hot Grab 'n' Go**  
**Pizza Selection**  
**Jacket Potato**  
**Hot Wraps**  
**Pasta & Sauce**

### Dessert

**Fruit Pie**  
Served with vanilla sauce

## FRIDAY

### Main Meal

**Fish Goujons**  
Served with tartar sauce

### Vegetarian Meal

**Spicy Bean Burger**  
Kidney beans, butter beans and haricot beans, herbs and spices, coated with breadcrumbs and baked

**Chips**  
**Seasonal Fresh Vegetables**  
**Fresh Crisp Salad**

**Hot Grab 'n' Go**  
**Pizza Selection**  
**Jacket Potato**  
**Hot Wraps**  
**Pasta & Sauce**

### Dessert

**Butterscotch Tart**





# LUNCH

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## MONDAY

### Main Meal

#### Minced Beef & Onion Pie

Prime lamb in a rich onion gravy with a shortcrust lid served with new potatoes

### Vegetarian Meal

#### Spanish Omelette

Egg omelette with peppers and onions

### New Potatoes

Seasonal Fresh Vegetables  
Fresh Crisp Salad

### Hot Grab 'n' Go

Pizza Selection  
Jacket Potato  
Hot Wraps  
Pasta & Sauce

### Dessert

Apple Crumble  
Served with custard

## TUESDAY

### Main Meal

#### Chicken Jalfrezi

Served with pilau rice

### Vegetarian Meal

#### Quorn Sausage Casserole

Served with creamed potatoes

### New Potatoes

Seasonal Fresh Vegetables  
Fresh Crisp Salad

### Hot Grab 'n' Go

Pizza Selection  
Jacket Potato  
Hot Wraps  
Pasta & Sauce

### Dessert

Marbled Orange & Lemon  
Tart

## WEDNESDAY

### Main Meal

#### Roast Pork

Served with apple sauce

### Vegetarian Meal

#### Cauliflower & Broccoli Mornay

Broccoli & cauliflower in a creamy white sauce topped with cheese and baked in the oven

### Roast Potatoes

Seasonal Fresh Vegetables  
Fresh Crisp Salad

### Hot Grab 'n' Go

Pizza Selection  
Jacket Potato  
Hot Wraps  
Pasta & Sauce

### Dessert

Sticky Toffee Pudding  
Served with toffee sauce

## THURSDAY

### Main Meal

#### Turkey & Vegetable Stir Fry

served with rice

### Vegetarian Meal

#### Tomato, Basil & Mozzarella quiche

Seasonal Fresh Vegetables  
Fresh Crisp Salad

### Hot Grab 'n' Go

Pizza Selection  
Jacket Potato  
Hot Wraps  
Pasta & Sauce

### Dessert

Cherry Pie  
Served with custard

## FRIDAY

### Main Meal

#### Thai Fish Cake

Served with sweet chilli sauce

### Vegetarian Meal

#### Vegetable Lasagne

Mixed vegetables in a tomato sauce between sheets of pasta and creamy white sauce topped with cheese

### Chips

Seasonal Fresh Vegetables  
Fresh Crisp Salad

### Hot Grab 'n' Go

Pizza Selection  
Jacket Potato  
Hot Wraps  
Pasta & Sauce

### Dessert

Citrus Muffins





# LUNCH

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## MONDAY

### Main Meal

#### Chicken & Leek Pie

with a puff pastry crust & creamed potatoes

### Vegetarian Meal

#### Three Bean Cassoulet

Mixed beans in rich tomato sauce with herbs and spices

### New Potatoes

Seasonal Fresh Vegetables  
Fresh Crisp Salad

### Hot Grab 'n' Go

Pizza Selection  
Jacket Potato  
Hot Wraps  
Pasta & Sauce

### Dessert

Jam & Coconut Sponge  
Served with custard

## TUESDAY

### Main Meal

#### Lasagne

Served with garlic bread wedge

### Vegetarian Meal

#### Vegetable Curry

Served with steamed rice

### Creamed Potato

Seasonal Fresh Vegetables  
Fresh Crisp Salad

### Hot Grab 'n' Go

Pizza Selection  
Jacket Potato  
Hot Wraps  
Pasta & Sauce

### Dessert

Bread & Butter Pudding  
Served with vanilla sauce

## WEDNESDAY

### Main Meal

#### Traditional Roast Gammon

Served with parsley sauce

### Vegetarian Meal

#### Cheese & Potato Pie

Layers of potato, cheese and onion oven baked

### Roast Potatoes

Seasonal Fresh Vegetables  
Fresh Crisp Salad

### Hot Grab 'n' Go

Pizza Selection  
Jacket Potato  
Hot Wraps  
Pasta & Sauce

### Dessert

Apricot Crumble  
Served with custard

## THURSDAY

### Main Meal

#### Salmon Quiche

Flakes of salmon in a rich egg custard and cheese and baked in pastry case

### Vegetarian Meal

#### Oriental Vegetables

Served with noodles

### Seasonal Fresh Vegetables

Fresh Crisp Salad

### Hot Grab 'n' Go

Pizza Selection  
Jacket Potato  
Hot Wraps  
Pasta & Sauce

### Dessert

Lemon Drizzle Cake

## FRIDAY

### Main Meal

#### Homemade Burger

In a toasted bun served with tomato relish

### Vegetarian Meal

#### Roasted Red Pepper & Onion Quiche

Cheese topped roasted peppers and onions baked in shortcrust pastry

### Chips

Seasonal Fresh Vegetables  
Fresh Crisp Salad

### Hot Grab 'n' Go

Pizza Selection  
Jacket Potato  
Hot Wraps  
Pasta & Sauce

### Dessert

Apple Crunch

