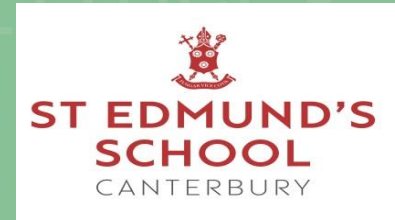


LUNCH



WEEK 1 Pre Prep	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
SOUP	Classic Tomato & Basil	Lentil & Bean	Pea & Mint	Cream of Vegetable	Minestone		
MAIN MEAL	Meatballs in Tomato sauce	Butchers Choice Sausages with Caramelized Onions & Gravy	Chicken Tikka Masala	Rich Beef Bolognaise	Battered Fish with Tartare & Lemon Wedge Fish fingers		
MEAT FREE	Tomato Sauce	Bubble & Squeak with a fried egg	Sweet Potato & Vegetable Madras	Italian Style Squash, Vegetable & chick pea Ragu with pesto	Quorn Sausage		
ON THE SIDE	Pasta Green beans	Potato wedges Peas Sliced Carrot	Steamed Rice Naan Bread Mango Chutney Tomato, Onion & Coriander Salad	Spaghetti Sweetcorn Garlic Slice	Chunky Chips Peas Baked Beans		
JACKET & PASTA BAR	Jacket Potatoes or Pasta with fresh sauces & toppers	Jacket Potatoes or Pasta with fresh sauces & toppers	Jacket Potatoes or Pasta with fresh sauces & toppers	Jacket Potatoes or Pasta with fresh sauces & toppers	Jacket Potatoes or Pasta with fresh sauces & toppers		
DESSERT	Steamed Syrup Sponge with Custard	Vanilla Rice Pudding with Berry Compote	Strawberry Yoghurt	Fresh fruit platter	Ice Cream Pot Bar		

LUNCH



WEEK 2 Pre Prep	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
SOUP	Plum Tomato & Red Pepper with Spinach	Sweet Potato & Coconut with Chilli jam	Curried Potato & spinach	Cauliflower Cheese	Cream of Mushroom & Rosemary		
MAIN MEAL	Mac 'n' Cheese with fried pepper & onion garnish	Beef Burger or Chicken Burger in a Bap	Turkey, Leek & mushroom Pie	Black Bean Chicken & Mushrooms with Prawn Crackers	Battered Fish with Tartare & Lemon Wedge Fish fingers		
MEAT FREE		Spicy Bean Burger in a Bap	Quorn, tomato, Pepper & Bean Casserole	Aubergine, Chickpea, spinach & Coconut Curry	Pea, Red Onion & Courgette frittata		
ON THE SIDE	Garlic Slice Pea 'n' Corn	Skinny Fries Saute Mushrooms Fried Onion	Roasted New Potatoes Broccoli Carrots	Egg Noodles Trio of Garlic infused Greens	Chunky Chips Peas Baked Beans		
JACKET & PASTA BAR	Jacket Potatoes or Pasta with fresh sauces & toppers	Jacket Potatoes or Pasta with fresh sauces & toppers	Jacket Potatoes or Pasta with fresh sauces & toppers	Jacket Potatoes or Pasta with fresh sauces & toppers	Jacket Potatoes or Pasta with fresh sauces & toppers		
DESSERT	Classic Steamed Jam Sponge with Custard	Strawberry Yoghurt	Chocolate Marble Sponge with Vanilla Sauce	Fresh fruit platter	Raspberry, Mint & lemon Curd Cake with Cream		

LUNCH

WEEK 3 Pre Prep	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
SOUP	Pea, Potato, & Spinach with Crème fraiche	Sweetcorn & pepper Chowder	Chunky Vegetable Broth	Leek & Potato	Broccoli & Stilton		
MAIN MEAL	Chicken Korma with Mini Poppadom's	Beef & Vegetable Pie topped Puff Pastry	Classic Roasted Chicken Thigh with Rich Gravy	Jacket Potato	Battered Fish with Tartare & Lemon Wedge Fish fingers		
MEAT FREE	Mushroom, Squash & Chickpea Tomato curry	Roasted Tomato & Red Onion Risotto with Basil Pesto	Creamy Mushroom & spinach lasagne		Vegetable & Mixed Bean Quesadillas		
ON THE SIDE	Steamed Rice Mango Chutney Fine Green beans	Minted new Potatoes Braised Red Cabbage Peas	Herby Roast Diced Potato Savoy Cabbage Sweetcorn	Baked Beans Tuna Mayonnaise Grated Cheese	Chunky Chips Peas Baked Beans		
JACKET & PASTA BAR	Jacket Potatoes or Pasta with fresh sauces & toppers	Jacket Potatoes or Pasta with fresh sauces & toppers	Jacket Potatoes or Pasta with fresh sauces & toppers	Jacket Potatoes or Pasta with fresh sauces & toppers	Jacket Potatoes or Pasta with fresh sauces & toppers		
DESSERT	Chocolate Sponge with Chocolate Sauce	Apple & Sultana Crumble with Custard	Peach & raspberry Melba Cake with Cream	Jelly	Rice Pudding & Mango Drizzle		