

Lunch Menu: Sample

Monday

Meat-Free

Tuesday

Wednesday

Thursday

Friday

Main

Wholemeal pasta with green pesto, served with grated cheddar/ parmesan

Meatballs with gravy and cranberry sauce served with mash potatoes

Beef chilli con carne served with basmati rice

Slow cooked pork served with roast potatoes and red onion gravy

Katsu chicken curry served with rice

Vegetarian

Ricotta and tomato pasta bake or Roasted vegetable tarts

Vegan meatballs with gravy & cranberry sauce served with mash potatoes.

Vegetable quesadillas or Macaroni cheese

Butternut squash roulade or Vegetable Thai curry

Panko sweet potato katsu curry served with rice

Vegetable

Broccoli

Carrots

Sweetcorn

Mangetout

Garden Peas

Dessert

Fruit yoghurt pots

Banana Cake

Cinnamon and apple cake

Dried fruit flapjacks or chocolate cookie

Seasonal fruits selection

Tea

Sultana or cheese scones

Baguette or wholemeal Bread sandwiches with a selection of fillings

Hot chocolate and biscuits

Carrot cake slices

All meals served with a selection of salads/bread. Jacket potatoes with cheese are also available daily. Allergies/intolerances catered. All our healthy meals freshly prepared in our kitchens.