

# Lunch menu for w/c 9<sup>th</sup> September 2019

## MONDAY

### Chef's Soup of the Day

#### Main Events

Turkey & Leek Pie

Cajun-Spiced Pork Chop

#### Meat Free Zone

Falafel with Slaw  
& Coriander Hummus

#### And To Go With

Steamed New  
Parsley Carrots  
Potato Wedges  
Minted Peas

#### Pudding

Choc Chip Sponge  
& Chocolate Sauce

## TUESDAY

### Chef's Soup of the Day

#### Main Events

Braised Toulouse Sausage  
with Mashed Potato

Lamb Tagine  
served with Couscous

#### Meat Free Zone

Sweetcorn & Courgette  
Fritters with Poached Egg

#### And To Go With

Green Beans  
Cauliflower

#### Pudding

Deano's Apple Pie  
With Custard

## WEDNESDAY

### Chef's Soup of the Day

#### Main Events

Beef Lasagne  
with Garlic Focaccia  
Cornflake-Crumbed  
Chicken Thighs

#### Meat Free Zone

Roast Squash Goats  
Cheese & Pearl Barley  
Risotto

#### And To Go With

Lightly-Spiced Rice  
Creamed Leeks  
Steamed Sweetcorn

#### Pudding

Plum Crumble accompanied  
by Chantilly Cream

### Chef's Soup of the Day

#### Main Events

Chicken Dopiaza served  
with Chutney & Poppadam

Ham Pasta Bake in a  
Creamy Sauce  
with Garlic Bread

#### Meat free zone

Jack Fruit Rogan Josh

#### And To Go With

Cumin Carrots  
Garden Peas  
Cardamom Rice

#### Pudding

Spiced Pear & Ginger  
Upside Down Pudding

## THURSDAY

## AVAILABLE DAILY

Salad Bar  
Fresh Fruit  
Pots  
Homemade  
Yoghurt with  
Toppings  
Baked Beans  
& Jacket  
Potatoes

## FRIDAY

### Chef's Soup of the Day

#### Main Events

Freshly Battered Fish

Poached Fish

Breaded Fish Fingers

Teriyaki-Glazed  
Pork Spare Ribs

#### Meat Free Zone

Chargrilled Halloumi &  
Pepper Pitta Pocket

#### And To Go With

Chunky Chips  
Minted Peas  
Baked Beans

#### Pudding

Steamed Jam Sponge

## SATURDAY

### Chef's Soup of the Day

#### Main Event

Beef Ragu Pasta Bake

#### Meat Free Zone

Sun-Dried Tomato, Feta  
& Spinach Pasta Bake

#### And To Go With

Sweetcorn  
Garlic Bread  
Roast Mediterranean Veggies

#### Pudding

Treacle Tart & Cream

## SUNDAY

### Sunday Roast

#### Main Event

Roast Pork with a Rich Gravy  
Hunter's Chicken & New Potatoes

#### Meat Free Zone

Roast Vegetable & Cheese Filo Parcel

#### And To Go With

Roast Potatoes  
Seasonal Vegetables

#### Pudding

Banoffee Pie