

WEEK 1 LUNCH MENU



MONDAY

Soup
Tomato & basil
World food
Lamb chilli con carne
Sour cream
Tomato & avocado
salsa
Younger years
Lamb Chilli con carne

Vegetarian
Sweet potato & white
bean chilli, mixed bean
grains, warm taco
Street food
Spaghetti with salmon
and broccoli

Jacket potato bar
Beans , grated cheese
Pasta bar
Tomato sauce
Cheese sauce

On the Side...
Mixed bean grains
Sweetcorn kernels
Garden peas
Dessert
Sticky toffee & date
pudding with custard

TUESDAY

Soup
Carrot & coriander
World food
Chicken dopiaza
Onion salad
Mango chutney, pickles
Younger Years
Chargrilled chicken
thighs

Vegetarian (Vegan)
Spinach potato &
aubergine dahl
Onion salad
Mango chutney
Jacket potato, Pasta bar
Beans , grated cheese
Pasta bar
Tomato & Cheese sauce

Street food
Slow cooked pork
shoulder goulash,
herbed gnocchi
Boiled potatoes

On the Side...
Steamed rice
Bombay cauliflower
Wilted spinach
Dessert
Apple & rhubarb
crumble with custard

WEDNESDAY

Soup
Pea & spinach
World food
braised beef & sage
cottage pie topped
with crispy crumb
Younger Years
Turkey paella

Vegetarian
Mac & greens
Herbed focaccia
Jacket potato
Beans , grated cheese
Pasta bar
Tomato & Cheese sauce

Street food
Piri piri Turkey & prawn
paella
Grilled lemons
chilli sticks

On the Side...
Roasted rosemary
carrots
Green beans
Dessert
Pear & sultana tart
with vanilla bean
custard

THURSDAY

Soup
Sweet potato & chilli
World food
Bacon & pea carbonara
bake , pea pistou
Wilted rocket
Younger Years
Spiced chicken tagine

Vegetarian
Puy lentil & mushroom
pie with smashed
butternut topping
Jacket potato bar
Beans , grated cheese
Pasta bar
Tomato sauce
Cheese sauce

Street food
Spiced chicken tagine
Fruit & coriander cous
cous
Mint yoghurt

On the Side...
Harissa spiced swede
Broccoli florets
Dessert
Dark chocolate chip
cake with chocolate
custard

FRIDAY

Soup
Tom yum soup
Favourites
Thai breaded Plaice
Sweet chilli sauce
Younger Years
Panko breaded fish
fingers, baked beans

Vegetarian
Pad Thai
Crispy Thai salad
Jacket potato bar
Beans , grated cheese
Pasta bar
Tomato sauce
Cheese sauce

Street food
Thai green Quorn &
egg plant curry

On the Side...
Sticky rice
Garden peas
Spring greens
Dessert
Coconut rice pudding
Ginger & apple
compote

WEEK 2 LUNCH MENU



MONDAY

Soup
Minestrone
World food
Beef bolognaise
Parmesan cheese
Basil pistou
Younger Years
Beef bolognaise

Vegetarian
Chargrilled vegetable
gallates
Herbed potatoes salad
Balsamic glaze
Jacket potato bar
Beans, grated cheese
Pasta bar
cheese & tomato sauce

Street food
Italian fish pie
Crispy garlic buttered
parmesan smashed
potatoes

On the Side...
Penne pasta
Green beans
Sweetcorn kernels
Dessert
Syrup sponge &
custard

TUESDAY

Soup
Sweetcorn chowder
world food
Pork sausages
Caramelised red onions
gravy
Younger Years
Chargrilled pork
sausages

Vegetarian(vegan)
Vegan carrot dog
Vegan mayonnaise
Red onion marmalade
Jacket potato bar
Beans, grated cheese
Pasta bar
cheese & tomato sauce

Street food
Chicken Caesar
Crispy cos lettuce
Parmesan cheese

On the Side...
Crushed potatoes
Cauliflower cheese
Sauté leeks
Dessert
Orange & cardamom
tart
With lemon cream

WEDNESDAY

Soup
Leek & potato
World food
Kung pao chicken
Soy & coriander
cucumber ribbons
Younger Years
Stir fry chicken

Vegetarian
Autumn vegetable
spring roll
Glass noodle salad
Jacket potato bar
Beans, grated cheese
Pasta bar
cheese & tomato sauce

Street food
Chinese seafood curry
Bamboo shoot salad
Asian dressing

On the Side...
Steamed rice
Broccoli florets
Szechuan stir fried
greens
Dessert
Bread & butter
pudding with vanilla
custard

THURSDAY

Soup
Broccoli & chilli
World food
Beef & root vegetable
pie
Short crust pastry
With beef juices
Younger Years
Classic Beef burgers

Vegetarian
Roasted aubergine &
courgette with lentils,
smoked tomato sauce,
wholemeal spaghetti &
garlic dough balls

Street food
Smokey chicken &
meatball pasta bake
Crispy mozzarella top
Wilted spinach
Jacket potato bar
Beans, grated cheese
Pasta bar
cheese & tomato sauce

On the Side...
Herbed potatoes
Roasted parsnips
Carrots
Dessert
Apple & rhubarb pie
with custard

FRIDAY

Soup
Roasted parsnip
World street food
Traditional battered
fish, Lemon wedges
Tartare sauce
Younger Years
Panko breaded fish
fingers

Vegetarian
Beetroot falafel
Minted yoghurt
Wholemeal pitta
Tossed salad
Jacket potato bar
Beans, grated cheese
Pasta bar
cheese & tomato sauce

Street food
Loaded vegetable
burger with glazed bun
Tomato relish

On the Side...
Chipped potatoes
Garden peas
Mushy peas
Baked beans
Dessert
Banana cake served
with toffee yoghurt

WEEK 3 LUNCH MENU



MONDAY

Soup
spinach
World food
Baked olive & crispy
chickpea chicken
Bulgar wheat Greek
salad
Pitta bread shards

Vegetarian
Harissa rubbed
aubergine steak with
citrus cous cous
Jacket potato bar
Beans, grated cheese
Pasta bar
cheese & tomato sauce

Street food
Tuna mac & cheese
melt
Sautéed kale
Chilli & crushed herb
oil
Younger Years
Baked chicken

On the Side...
Bulgar wheat
Garden peas
Spiced red cabbage

Dessert
Peasants pudding &
custard

TUESDAY

Soup
Pea & water cress
World food
Lamb kofta biriyani
Onion salad
Pickles , yoghurt
Younger Years
Lamb kofta

Vegetarian
Butternut squash dhal
Tear & share naan
bread
Fragrant rice
Jacket potato bar
Beans, grated cheese
Pasta bar
cheese & tomato sauce

Street food
Turkey chorizo, pearl
barley stew
With coriander
dumplings

On the Side...
Steamed rice
Green beans
Swede mash

Dessert
Spiced carrot & sultana
cake with custard

WEDNESDAY

Soup
Country vegetable
world street
Black bean pork
Egg noodles stir fry veg
with pineapple salsa
Younger Years
Wholemeal chicken
thigh nuggets

Vegetarian
lime & basil polenta &
pulled egg plant buns

Jacket potato bar
Beans, grated cheese
Pasta bar
cheese & tomato sauce

Street food
Caribbean chicken
Rice & peas
Coriander pineapple
salsa

On the Side...
Stir fry noodles
Soy & ginger carrots
Stir fry vegetables

Dessert
Jam & coconut sponge
with custard

THURSDAY

Soup
Carrot & coriander
Street food
Braised beef spinach &
lentil lasagne
Tomato & basil
Basil oil
Younger Years
Beef lasagne

Vegetarian
Mexican baked eggs
mixed beans, spicy
tomato sauce, crushed
avocado, crusty bread
Jacket potato bar
Beans, grated cheese
Pasta bar
cheese & tomato sauce

Street food
Liver bacon & onions
Rich gravy
Herb salad

On the Side...
Crushed herb potatoes
Sweetcorn
Roast parsnip

Dessert
Plum & ginger tart with
vanilla cream

FRIDAY

Soup
Tuscan bean & kale
World food
Breaded plaice goujons
Roasted Italian haddock
Younger Years
Panko breaded fish
fingers, baked beans

Vegetarian
Wild mushroom,
thyme & bean lasagne
sautéed mushrooms &
cabbage
Jacket potato bar
Beans, grated cheese
Pasta bar
cheese & tomato sauce

Street food
Stone baked
Margherita
Veggie feast

On the Side...
Sauté potatoes
Garden peas
Mushy peas
Baked beans

Dessert
Panettone bread
pudding with custard