

# WEEK ONE - Lunch

Lunch	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Main Course</b>	<b>BBQ Chicken Thighs with Spring Onions &amp; Chilli</b>	<b>Turkey Burger with Bacon, Blue Cheese and Baby Gem</b>	<b>Classic Italian Beef Lasagne with Parmesan</b>	<b>Baked Harissa Chicken with Chipotle and Lime Mayo</b>	<b>Freshly Battered Fish with all the trimmings</b>	<b>Pulled Pork Brioche Baps with Coleslaw</b>
<b>Vegetarian</b>	<b>Lentil and Bean Pie with Root Vegetable Topping</b>	<b>Sweet Potato and Spinach Biryani with Mango Chutney and Nann</b>	<b>Mediterranean Vegetable Lasagne</b>	<b>Giant Falafels in a Roasted Tomato and Oregano Sauce</b>	<b>Baked Veggie Fingers with Herby Dressing</b>	<b>Veggie Fajitas with Sour Cream, Tomato Salsa and Peppers</b>
<b>Sides</b>	<b>Green Beans Roasted Vegetable Rice</b>	<b>Warm Red Cabbage Slaw Baked Wedges</b>	<b>Broccoli and Peas Garlic Focaccia</b>	<b>Herby Cous Cous Honey Roast Veg with Red Onion</b>	<b>Chunky chips Peas Baked Beans Roasted Roots Tartare sauce</b>	<b>Tortilla wrap Nachos Sour cream</b>
<b>Soup and More!</b>	<b>Spring Vegetable Tuna and Parmesan Pasta Toasted Seeds Chilli Flakes Croutons</b>	<b>Leek and Potato Chicken Arrabiatta Pasta Bake Toasted Seeds Chilli Flakes Croutons</b>	<b>Tomato and Basil Crispy Jackets with Beans Toasted Seeds Chilli Flakes Croutons</b>	<b>Mushroom Creamy Salmon Pasta Toasted Seeds Chilli Flakes Croutons</b>	<b>Courgette and Thyme Pasta Bolognaise Toasted Seeds Chilli Flakes Croutons</b>	<b>Minestrone Tagliatelle Carbonara Toasted Seeds Chilli Flakes Croutons</b>
<b>Desserts</b>	<b>Apple and Blackberry Crumble with Custard Potted Desserts</b>	<b>Syrup Sponge with Cream Potted Desserts</b>	<b>Ultimate Chocolate Brownie Potted Desserts</b>	<b>Apple Pie with Single Cream Potted Desserts</b>	<b>Summer Berry Jelly Potted Desserts</b>	<b>Raspberry, Lime and Blueberry Sponge Potted Desserts</b>

# WEEK TWO - Lunch

Lunch	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Main Course</b>	Chicken Tikka Masala with Toasted Coconut Sambal	Cottage Pie with Cheddar Cheese Topping	Roast Pork with Apple Sauce, Stuffing and Gravy	Chunky Mexican Beef Chilli with Chargrilled Peppers	Freshly Battered Fish with all the trimmings	Pulled Ham Macaroni Cheese
<b>Vegetarian</b>	Chickpea Tikka Masala with Toasted Coconut Sambal	Pearl Barley and Pinto Bean Shepherd's' Pie	Quinoa, Cheese, Broccoli Fritter with Mint Yoghurt	Vegetable and Blackeye Bean Chilli	Baked Gnocchi with Asparagus, Peas and Parmesan	Three Cheese Macaroni Cheese with Cherry Tomatoes
<b>Sides</b>	Fragrant Rice Sweetcorn and Green Beans Mini Poppadum's	Broccoli Peas and Cabbage	Roast Potatoes Steamed Carrots Green Beans	Nacho Station Sour Cream Coleslaw Braised Rice	Skinny Fries Mushy Peas Steamed Carrots Tartare Sauce	Garlic Baguettes Carrots, Spinach and Cauliflower
<b>Soup and More!</b>	Cumin Cauliflower Tomato Meatball Pasta Toasted Seeds Chilli Flakes Croutons	Sweetcorn Chowder Ratatouille and Mozzarella Pasta Toasted Seeds Chilli Flakes Croutons	Watercress and Spinach Tuna and Tomato Pasta Toasted Seeds Chilli Flakes Croutons	Carrot and Coriander Cheesy Leek and Bacon Pasta Toasted Seeds Chilli Flakes Croutons	Curried Parsnip Tomato and Basil Pasta Toasted Seeds Chilli Flakes Croutons	Chunky Tomato Crispy Jackets with Beans Toasted Seeds Chilli Flakes Croutons
<b>Desserts</b>	Apple and Pear Pie with Custard Potted Desserts	Frosted Lemon Drizzle Cake Potted Desserts	Bread and Butter Pudding with Vanilla Crème Fraiche Potted Desserts	Pineapple Upside-down Cake with Cream Potted Desserts	Chocolate Pepperoni Smores Baked Rice Pudding Potted Desserts	Orange and Polenta Biscuits Potted Desserts

# WEEK THREE - Lunch

Lunch	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Main Course	Breaded Chicken Katsu Curry with Spring Onions	Butchers Pork Sausages with Caramelised Onion Gravy	Roast Chicken with Stuffing, Bacon Bits and Thyme Jus	Sri Lankan Meatballs with Coconut Sambal & Noodles	Freshly Battered Fish with all the trimmings	Chicken, Ham and Pasta Bake with Sundried Tomato Dressing
Vegetarian	Aubergine Katsu Curry with Spring Onions	Vegetarian Sausages with Onion Gravy	Creamy Lentil Pie with Sweet Potato Crust	Quinoa and Black Eye Bean Burger with Yoghurt Dressing	Banana Blossom pancakes with Mushroom Salsa	Butternut Squash and Feta Bake
Sides	Rice Katsu Sauce Green Beans	Creamy Mash Peas and Carrots	Roast Potatoes Steamed Carrots Green Beans	Flatbreads Roasted Cumin Roots	Chunky Chips Peas Baked Beans Tartare Sauce	Garlic Bread Caesar Salad Station
Soup and More!	Broccoli and Spinach Pasta Bolognese Bake Toasted Seeds Chilli Flakes Croutons	Roasted Red Pepper Arrabiatta Tuna Pasta Toasted Seeds Chilli Flakes Croutons	Tomato and Basil Crispy Jackets with Chilli Toasted Seeds Chilli Flakes Croutons	Asparagus and Potato Vege Bolognese Pasta Toasted Seeds Chilli Flakes Croutons	Pea and Courgette Chicken, Tomato and Basil Pasta Toasted Seeds Chilli Flakes Croutons	Thai Noodle Crispy Jackets with Beans Toasted Seeds Chilli Flakes Croutons
Desserts	Mixed Fruit Crumble with Custard Potted Desserts	Warm Treacle Tart Square with Cream Potted Desserts	Sticky Ginger Pudding with Caramel Sauce Potted Desserts	Chocolate and Raspberry Blondie Potted Desserts	Vanilla Baked Rice Pudding with Raspberry Coulis Potted Desserts	Tiffin Jenga Stack Potted Desserts