

# WEEK 1 LUNCH MENU



## MONDAY

### *Favourites*

Beef bolognaise served with Spaghetti & homemade garlic dough balls

### *Pre prep*

Beef Bolognaise

### *Green Zone*

Aubergine, lentil & bean bolognaise, served with spaghetti & home made Garlic dough balls

### *Jacket bar*

Jacket potato, squash, sweet potato  
Grated cheese  
Baked beans, Tuna Mayo

### *On the Side...*

Spiced rice  
Green beans  
Sweetcorn kernels

### *Street food*

Chicken Caesar salad

### *Dessert*

Date & seeded flapjack

Fresh fruit

Yoghurt pots

Jellies

## TUESDAY

### *Favourites*

Chargrilled pork  
Cumberland sausage, caramelized onion, creamed potato  
Yorkshire pudding, gravy

### *Pre prep*

Chargrilled pork  
Cumberland sausage, Yorkshire pudding, gravy

### *Green Zone*

Soya bean, potato & thyme sausage  
courgettes, vegan  
gravy

### *Pasta bar*

Neapolitan sauce  
Cheese sauce  
Parmesan cheese  
Basil Pistou

### *On the Side*

Creamed potatoes  
Roasted carrots  
Garden peas

### *Street food*

Lamb kofta biriyani,  
onion salad, pickles  
Mint yoghurt  
Naan pockets

### *Dessert...*

Spiced Carrot & sultana  
cake served with custard

Fresh fruit

Yoghurt pots

Jellies

## WEDNESDAY

### *Favourites*

Sweet chilli chicken served with vegetable noodles, prawn crackers

### *Pre prep*

Panko breaded chicken thigh

### *Green Zone ( Vegan )*

Beetroot falafel, minted yoghurt, wholemeal pitta bread, tossed salad & cous cous

### *Pasta bar*

Jacket potato, squash, sweet potato  
Grated cheese  
Baked beans, Tuna Mayo

### *On the Side...*

Stir fry noodles  
Stir fry cabbage  
Big bang cauliflower

### *Street food*

Slow roasted Harissa beef brisket, Giant cous cous, cucumber, chilli & feta salad

### *Dessert*

Cherry rocky road

Fresh fruit

Yoghurt pots

Jellies

## THURSDAY

### *Favourites*

Lamb bhuna, naan bread, onion salad' mango chutney & fresh mint yoghurt

### *Pre prep*

Lamb pitta pockets

### *Green Zone*

Homemade vegetable & tofu Pakora, spiced tomato sauce, onion salad, Raita coconut rice

### *Pasta bar*

Neapolitan sauce  
Cheese sauce  
Parmesan cheese  
Basil Pistou

### *On the Side...*

Coconut & coriander rice  
Broccoli florets  
Indian spiced vegetables

### *Street food*

Mackerel Niçoise salad

### *Dessert*

Warm Pear tart with vanilla custard

Fresh fruit

Yoghurt pots

Jellies

## FRIDAY

### *Favourites*

Battered zesty Hake Fillet, big pickles  
Lemon wedges  
Tartare sauce

### *Pre prep*

Hand crafted Hake fingers, chips and peas

### *Green Zone ( Vegan )*

Hand Battered Banana blossom

### *Jacket bar*

Jacket potatoes,  
Squash, sweet potato  
Grated cheese  
Baked beans  
Tuna Mayo

### *On the Side...*

Chipped potatoes  
Garden peas  
Baked beans  
*Street food*  
Chicken shish wraps  
Kobez wrap, salad,  
chilli, humus, dips

### *Dessert*

Oat & raisin cookies

Fresh fruit

Yoghurt pots

Jellies

# WEEK 2 LUNCH MENU



## MONDAY

### *Favourites*

Chicken tikka masala  
Spinach dahl , vegetable  
pakora, mango chutney,  
Raita pickles,  
poppadum's, naan

### *Pre prep*

Chicken tikka thighs

### *Green Zone*

Indian coconut Quorn &  
lentil curry, basmati rice  
Chota naan

### *Pasta bar*

Neapolitan sauce  
Cheese sauce  
Parmesan cheese  
Basil Pistou

### *On the Side...*

Spiced rice  
Green beans  
Spiced cauliflower

### *Street food*

Chargrilled pork chops,  
stove Mac & cheese  
Green salad, basil pistou

### *Dessert*

Chocolate fudge Brownie

Fresh fruit

Yoghurt pots

Jellies

## TUESDAY

### *Favourites*

Salt and pepper squid  
Thai sweet chilli dipping  
sauce  
Oyster sauce

### *Pre prep*

Salt & pepper squid

### *Green Zone*

Four cheese Tortellini,  
squash, spinach & tomato  
with garlic bread

### *Jacket bar*

Jacket potato, squash,  
sweet potato  
Grated cheese  
Baked beans, Tuna  
Mayo

### *On the Side*

Street noodles  
Lemon, chilli , garlic  
cabbage  
Soy roasted carrots

### *Street food*

Lime & chipotle roast  
chicken  
Cilantro rice  
Street salad  
Flatbread, salsa

### *Dessert...*

Peasants pudding served  
with custard

fresh fruit

Yoghurt pots

Jellies

## WEDNESDAY

### *Favourites*

Slow cooked Lamb chilli  
Coriander Bulgar wheat ,  
soft shell tacos, tomato  
salsa

### *Pre prep*

Spiced Lamb Kebabs

### *Green Zone ( Vegan )*

Pulled banana blossom  
White bean chilli  
Crispy plantain wedges

### *Pasta bar*

Neapolitan sauce  
Cheese sauce  
Parmesan cheese  
Basil Pistou

### *On the Side...*

Lime & coriander Bulgar  
wheat  
Broccoli florets  
Roasted squash

### *Street food*

Fire cracker glazed Gammon  
Crispy potatoes, coriander &  
tomato salad, mint &  
cucumber cream

### *Dessert*

Lemon Meringue  
cupcakes

Fresh fruit

Yoghurt

Jellies

## THURSDAY

### *Favourites*

Classic Beef Lasagne  
Home made focaccia

### *Pre prep*

Beef bolognaise  
Penne pasta

### *Green Zone*

Quorn mince & butternut  
Lasagne with mushroom &  
sage

### *Jacket bar*

Jacket potato, squash,  
sweet potato  
Grated cheese  
Baked beans, Tuna Mayo

### *On the Side...*

Home made focaccia  
Green beans  
Corn cobb

### *Street food*

Parmesan chicken cutlets  
Roasted vegetable bulger  
wheat  
Roasted pepper sauce  
Tzatziki, street salad

### *Dessert*

Sticky toffee & date  
pudding with ice cream

Fresh fruit

Yoghurt pots

Jellies

## FRIDAY

### *Favourites*

Whole tail scampi  
Lemon & garlic aioli

### *Pre prep*

Hand crafted Hake  
fingers

### *Green Zone*

Harissa Tofu popcorn  
Lemon & herb Bulgar  
wheat  
Tomato & aubergine salsa

### *Pasta bar*

Neapolitan sauce  
Cheese sauce  
Parmesan cheese  
Basil Pistou

### *On the Side...*

Chipped potatoes  
Garden peas  
Baked beans

### *Street food*

Moroccan spiced Lamb  
Warm giant cous cous  
Salad  
Yoghurt mint dressing  
Charred pitta bread

### *Dessert*

Cinnamon Buns

Fresh fruit

Yoghurt pots

Jellies

# WEEK 3 LUNCH MENU



## MONDAY

### Favourites

Beef Rendang  
Garlic Naan

### Pre prep

Beef koftas

### Green Zone ( Vegan )

Vegetarian Balinese yellow  
curry with Coconut milk  
Nasi goreng( fried rice )  
Bao buns

### Pasta bar

Neapolitan sauce  
Cheese sauce  
Parmesan cheese  
Basil Pistou

### On the Side...

Coriander rice  
Garden peas  
Spiced Carrots

### Street food

Piri Piri chicken  
Sweet potato wedges  
Spicy beans  
Green salad, tomato salad

### Dessert

Home baked cranberry  
and seeded cookies

Fresh fruit

Yoghurt pots

Jellies

## TUESDAY

### Favourites

Spiced turkey , chorizo &  
butterbean stew  
Giant cous cous

### Pre prep

Breaded Turkey escalope's

### Green Zone ( Vegan )

Tunisian bean& tofu stew  
Spiced yoghurt & herb  
flatbread

### Jacket bar

Jacket potato, squash,  
sweet potato  
Grated cheese  
Baked beans  
Tuna mayo

### On the Side...

Garlic new potatoes  
Green beans  
Sauté courgettes

### Street food

Hot smoked Salmon  
& avocado rice bowl  
Soya sauce & lemon  
Dressing

### Dessert

Warm chocolate fudge  
cake with vanilla  
ice cream

yoghurt  
fresh fruit

Jellies

## WEDNESDAY

### Favourites

Steak & vegetable pie  
Mashed potato  
Liquor

### Pre prep

Steak and vegetable pie

### Green Zone

Squash, sage & chickpea roll  
Sprouts, potato& sauté red  
onions

Mashed potato

### Pasta bar

Neapolitan sauce  
Cheese sauce  
Parmesan cheese  
Basil Pistou

### On the Side...

Mashed potato  
Roasted carrots  
Thyme & honey Parsnips

### Street food

Caribbean Jerk chicken  
Rice & peas  
Coriander pineapple  
salsa

### Dessert

Lemon drizzle cake

Fresh fruit

Yoghurt pots

Jellies

## THURSDAY

### Favourites

Panko breaded chicken  
Katsu  
Sticky Rice  
Kimchi Salad

### Pre Prep

Panko breaded chicken

### Green Zone

Breaded Vegan fillet,  
kobe wrap  
Salad, chilli, humus & dips

### Jacket bar

Jacket potato, squash,  
sweet potato  
Grated cheese  
Baked beans  
Tuna mayo

### On the Side...

Sticky rice  
Sweetcorn kernels  
Green beans

### Street food

Mackerel greek salad

### Dessert

Apple & rhubarb crumble  
served with custard

Fresh fruit

Yoghurt pots

Jellies

## FRIDAY

### Favourites

Hand battered zesty  
Hake fillet  
Tartare sauce  
Lemon Wedges

### Pre prep

Hand battered zesty  
Hake fingers

### Green Zone

Tomato & basil Risotto  
Spicy bean Pattie  
Saffron & basil oil

### Pasta bar

Neapolitan sauce  
Cheese sauce  
Parmesan cheese  
Basil Pistou

### On the Side...

Chipped potatoes  
Baked beans  
Garden peas

### Street food

Brown sugar & chilli  
Chicken wings  
Charred corn & lime  
Polenta  
Crispy salad

### Dessert

Victoria Sponge Muffin

Yoghurt

Fresh fruit

Jellies