

LUNCH WEEK 1

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Bread	Crusty white	Wholemeal	Paprika loaf	Tarragon plat	Parsley loaf	Coriander bread	
Soup	Roasted red pepper & tomato	Carrot and coconut	Lentil and bacon	Creamy Field mushroom	Pea & mint Soup	Creamy parsnip and celeriac	B
Toppers	Croutons Sunflower seeds Pumpkin seeds Linseeds	Croutons Sunflower seeds Pumpkin seeds Linseeds	Croutons Sunflower seeds Pumpkin seeds Linseeds	Croutons Sunflower seeds Pumpkin seeds Linseeds	Croutons Sunflower seeds Pumpkin seeds Linseeds	Croutons Sunflower seeds Pumpkin seeds Linseeds	R
Main	Salsa Verde pork Loin	Honey and Turmeric chicken	Opened Turkey enchilada	Roast gammon	Battered pollock Grilled mackerel Roasted Fennel cherry tomato with orange and watercress Glaze	Beef Tacos	U
Accompaniment	Tomato and Herb Oil	Pomegranate and coriander yoghurt	Sour cream Cheddar cheese Guacamole	Gravy	Lemon wedge & tartare sauce	Re Fried beans Paprika mayo Burnt corn salsa	N
Veggie Main	Shepherdess pie	Roasted tomato, spinach Goat cheese flatbread	Black eyed bean burrito	Sweet potato & chickpea roast	Roasted garlic chestnut mushroom, spinach and toasted on toasted ciabatta	Cajun Cauliflower taco	C
Accompaniment	Rosti Gravy	Fried kale	Sour cream Cheddar cheese Guacamole	Gravy	Fried rocket	Sweet chilli Lime and Coriander Dressing	H
World food bar	<u>Pasta bar</u> Tomato and basil Chefs Choice	<u>Chefs Pass</u> Marmalade pressed pork belly Potato and herb hash	<u>Pasta bar</u> Tomato and basil sauce Chefs' choice		<u>Jacket Station</u> Tuna mayo Grated Cheese Beef chilli		
Jacket, sweet potato & beans	Jacket, sweet potato & beans	Jacket, sweet potato & beans	Jacket, sweet potato & beans	Jacket, sweet potato & beans	Jacket, sweet potato & beans	Jacket, sweet potato & beans	Jacket, sweet potato & beans
Carb	Roasted herb New Pots	Couscous		Roast potatoes	Chips	Savoury rice	
Vegetable 1	Pan fried cabbage	Pan fried Greens	Macho Peas	Steamed carrots	Garden peas	Buttered sweetcorn	
Vegetable 2	Honey and sesame Roasted carrot	Pan fried Greens	Mexican cauliflower	Broccoli Cheese	Mushy peas	Garlic green beans	
Hot Pudding	Apple/ sultana Crumble	Banoffee sponge	Bread and butter pudding	Apple Cracknell	Lemon Drizzle	Berry Swirl cake	
Cold Desserts	flapjack Raspberry jelly	Lemon and meringue mousse topped with granola Lime jelly	Salted Caramel mousse Jelly Of the Day	Mixed berry cheesecake Strawberry jelly	Tiramisu Orange jelly	Mess pots Raspberry jelly	