

LUNCH WEEK 2

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>Bread</b>	Onion bread	Coriander loaf	Crusty white bread	Paprika	Wholemeal	Basil bread	
<b>Soup</b>	Butterbean and chorizo	Broccoli and stilton	Satay squash soup	Red lentil	Creamy Leek & potato	Tomato soup	<b>B</b>
<b>Toppers</b>	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	<b>R</b>
<b>Main</b>	Chicken, leek and tarragon pie	Beef and pepper black eyed bean	Spanish style chicken	Roast pork loin with apple sauce	Breaded cod Herb Crusted Salmon	Creamy chicken and mushroom pasta	<b>U</b>
<b>Accompaniment</b>	Gravy Crispy leeks	Crispy puffed Rice	Caper, olive dressing	Sage & onion stuffing & gravy	Lemon wedge & tartare sauce curry sauce	Crispy Bacon	<b>N</b>
<b>Veggie Main</b>	Roasted Sweet potato, spinach wellington	Sir Lankan noodles	Homemade falafel with flatbread and pickled red cabbage	Garlic Mushroom on Parmesan polenta	Roasted Vegetable Gratin	Gnocchi white bean and cherry tomato	<b>C</b>
<b>Accompaniment</b>	Gravy	Crispy spiced peas	Tzasiki	Fried rocket	Basil pesto	Fried basil	<b>H</b>
<b>World food bar</b>	Pasta bar with tomato and basil sauce or rocket pesto	<u>Chefs Pass</u> Sea bream Polenta and Red pepper Sauce	Pasta bar with tomato and basil sauce or rocket pesto		<b><u>Vegan Curry Shack</u></b> <b>Lentil dhal</b> <b>Chickpea and spinach methyl chawal chapatis</b> <b>mango chutney</b>		
<b>Jacket, sweet potato &amp; beans</b>	<b>Jacket, sweet potato &amp; beans</b>	<b>Jacket, sweet potato &amp; beans</b>	<b>Jacket, sweet potato &amp; beans</b>	<b>Jacket, sweet potato &amp; beans</b>	<b>Jacket, sweet potato &amp; beans</b>	<b>Jacket, sweet potato &amp; beans</b>	<b>Jacket, sweet potato &amp; beans</b>
<b>Carb</b>	Steamed herb Potato	Rice	Herbed pearl barley	Roast potatoes	Chips		
<b>Vegetable 1</b>	Roasted carraway carrots	Mangetout and green beans	Glazed carrots	Roasted roots	Garden peas	Broccoli	
<b>Vegetable 2</b>	Balsamic glazed beetroot	Asian Chill Slaw	Broccoli	Savoy cabbage	Mushy peas	Tomato, basil and red onion	
<b>Hot Pudding</b>	Peach crumble & custard	Cherry Bakewell sponge	Bread and butter pudding	Toffee apple filo topped pie	Beetroot and choc cake	Marble cake	
<b>Cold Desserts</b>	Orange mousse Jelly	Raspberry trifle Jelly	Toffee mousse Orange jelly	Choc and orange mousse Lime jelly	Fruit flapjack Strawberry jelly	Salted Caramel mousse Fruit pots	