

AUTUMN LUNCH MENU



MONDAY

Soup & Bread Of The Day
Spicy Parsnip

Main Event
BBQ Chicken Thighs

The V Zone
BBQ Tofu
& Red Peppers

To Go With
Crispy Roast Potato
Steamed Cauliflower
French Beans

Pudding
Syrup Sponge & Custard

TUESDAY

Soup & Bread Of The Day
Pea & Mint

Main Event
Cottage Pie topped
with Creamy Mash

The V Zone
Vegetable
Cottage Pie

To Go With
Braised Red Cabbage
Honey Roast Carrots

Pudding
Apple Pie & Cream

WEDNESDAY

Soup & Bread Of The Day
Carrot & Coriander

Main Event
Fish Cakes with
Sweet Chilli Sauce

The V Zone
Tomato & Roasted
Pepper Pasta

To Go With
Sweetcorn
Courgettes

Pudding
Chocolate Sponge &
Chocolate Sauce

THURSDAY (CHINESE DAY)

Soup & Bread Of The Day
Mexican Bean

Main Event
Moroccan Chicken
with Cous Cous

The V Zone
Harissa Quorn
with Cous Cous

To Go with
Seasoned Jacket
Wedges
Medley of Vegetables

Pudding
Strawberry Mousse

FRIDAY

Soup & Bread Of The Day
Lentil &
Roasted red Pepper

Main Event
Fish Pie

The V Zone
Cheese & Onion Pasty

To Go With
Chunky Chips
Steamed Broccoli
Garden Peas
Baked Beans

Pudding
Fruit & Yoghurt

AUTUMN LUNCH MENU



MONDAY

Soup & Bread Of The Day

Autumn Miso
Flatbread

Main Event

Sticky Beef Ribs

The V Zone

Mushroom Risotto

To Go With

Potato Wedges
Crunchy Slaw
Steamed Carrots
Broccoli Florets

Pudding

Rhubarb Crumble

TUESDAY

Soup & Bread Of The Day

Tomato with
Nut Free Basil Pesto
Focaccia

Main Event

Traditional Lasagne with
Garlic Dough Balls

The V Zone

Roasted Vegetable Fusilli
Pasta Arrabiatta with
Garlic Ciabatta

To Go With

Rosemary New Potatoes
Spring Greens
Roasted Garlic Parsnips

Pudding

Blood Orange Tart

WEDNESDAY

Soup & Bread Of The Day

Tuscan Bean
Sunflower Seeded Roll

Main Event

Roasted Salmon
& Tomato Parcels

The V Zone

Macaroni Cheese

To Go With

Cous Cous
Roasted Peppers
Green Beans

Pudding

Banana & Chocolate
Chip Pudding with
Caramel Sauce

THURSDAY

(CHINESE DAY)

Soup & Bread Of The Day

Tofu & Vegetable
Wholemeal Seeded Loaf

Main Event

Chicken with
Vegetable Stir Fry

The V Zone

Szechuan-Style
Chinese Noodles

To Go with

Cavolo Nero
Bok Choi
Sticky Jasmine Rice

Pudding

Chinese Egg Tart

FRIDAY

Soup & Bread Of The Day

Red Lentil
French Baguette

Main Event

Jumbo Fish Fingers

The V Zone

Red Onion Tart Tatin

To Go With

Chunky Chips
Mushy Peas
Curly Kale

Pudding

Cheesecake

AUTUMN LUNCH MENU



MONDAY

Soup & Bread Of The Day
Potato & Leek

Main Event
Steak &
Mushroom Pie

The V Zone
Cheese &
Leek Pie

To Go With
Potato Wedges
Steamed Carrots
Broccoli Florets

Pudding
Rhubarb Crumble

TUESDAY

Soup & Bread Of The Day
Creamy Tomato

Main Event
Spaghetti Bolognese
with a Garlic Ciabatta

The V Zone
Roasted Vegetable Fusilli
Pasta Arrabiatta with
Garlic Ciabatta

To Go With
Vegetable Medley
Courgettes

Pudding
Banana Custard

WEDNESDAY

Soup & Bread Of The Day
Carrot & Lentil

Main Event
Roasted Chicken Leg
with Crispy Roast
Potatoes

The V Zone
Roasted Vegetables
& Halloumi

To Go With
Roasted Potatoes
Green Beans
Buttered Carrots

Pudding
Fruit & Yoghurt

THURSDAY (CHINESE DAY)

Soup & Bread Of The Day
Vegetable

Main Event
Beef Stir Fry

The V Zone
Szechuan-Style
Vegetable Chinese
Noodles

To Go with
Bok Choi
Sticky Jasmine Rice

Pudding
Jam Sponge & Custard

FRIDAY

Soup & Bread Of The Day
Curried
Butternut Squash

Main Event
Salmon with Pasta

The V Zone
Roasted
Vegetable Frittata

To Go With
Chunky Chips
French Beans
Garden Peas

Pudding
Lemon Drizzle Cake