

Weeks: 1,4,7&10



LUNCH

Please note menus run on a 3 week cycle



Monday

Tuesday

Wednesday

Thursday

Friday

Every Day

Leek & potato soup

Shell pasta served with creamy Tuna & Sweetcorn Or a Tomato sauce

Spiced Potato Cauliflower & Aubergine curry Served with Nan bread & Yoghurt

Jacket potato Basil Roasted vegetables Steamed Sweetcorn

Homemade Carrot Cake with a cream cheese icing

Smoked bacon & Lentil Broth

Irish Stew with soda bread

Bubble and Squeak Served with a free range Egg

Roasted swede Steamed green Cabbage

Zesty Lime fresh fruit salad

Creamy Mushroom Soup

Roast Chicken with an Apricot & Tarragon Stuffing

Quorn Fillet with a Dill Tomato & Olive Crust

Roasted potatoes Cauliflower Steamed carrots

Lemon Meringue Pots

Pumpkin soup

British Butchers pork & Leek Sausages

Cheddar Potato & Spinach Pasty

Mash Potatoes Baby trees

Apple Cranberry Pumpkin seed topped Crumble & Custard sauce

Chicken Noodle Soup

MSC crispy battered Pollock with fresh lemon & tartare sauce

Red peppers filled with a creamy Pea and Lemon risotto

Crispy oven fries New potatoes Peas Roast courgettes & Tomatoes

Vanilla ice cream with Blueberry sauce





LUNCH

Weeks: 2,5,8&11



Monday

Tuesday

Wednesday

Thursday

Friday

Every Day

Soup

Cauliflower Cheese Soup

Red Thai Potato & Coconut soup

Celeriac soup

Jerusalem Artichoke & Spinach Soup

Cream of Turnip & Ham soup

Fresh Bread

Main Event

Jacket Potato With Vegetable Chilli Sour Cream Or low salt Baked Beans

Shepherds Pie topped with Sweet Potato Mash

Honey and Ginger roast loin of pork with fresh Apple sauce

Homemade Turkey & Pancetta Lasagne

MSC Fish fingers Or Smoked Haddock Pasty

Salad Bar

Meat Free Zone

Free Range Mushroom and Chive Quiche

Creamy Cannellini bean Leek & sweet potato Pie

Spinach Pancakes filled with Butternut Squash & Fennel

Roasted vegetable & Puy Lentil Lasagne

Rosemary & Red Onion Veggie sausages

Yoghurt

And to go with

Roast winter Vegetables

Fresh Cauliflower & Green beans

Roasted Potatoes
Honey Roasted Carrots & Parsnips

Herby Garlic bread
New Potatoes

Broccoli

Crispy oven fries
Steamed Potato
Garden peas & carrots

Fresh Fruit

Pudding

Homemade Fruit Cake

Homemade Greek Style Yoghurt with Apple and Blueberry sauce

British Cheese selection with Apricot chutney and Crackers

Milk Chocolate & Orange Pots

Homemade Seeded Apricot Flapjack





LUNCH

Weeks: 3,6&9



Monday

Tuesday

Wednesday

Thursday

Friday

Every Day

Soup

Potato & Savoy cabbage and Bacon soup

Curried parsnip soup

Black bean carrot & Jalapeno

French onion

Minestrone soup

Bread

Main Event

Penne Pasta
Smoked Cheese and Broccoli sauce
Or
Chunky Tomato and Vegetable Sauce

Hoisin Bee fEgg Noodle Stir Fry

Rosemary Roast Lamb with Redcurrant sauce

Creamy Chicken Korma With Mango Chutney

Home Baked Gammon & Egg

Yoghurt

Meat Free

Calzone filled with Garlic Mushrooms and Green Peppers

Sweet Chilli Vegetable Egg nOodle

Leek & Mushroom Pie

Chickpea Lentil & Spinach curry

Homemade Falafel in a wrap with crisp salad & pomegranate

Fresh Salads

And to go with

Sweetcorn
Roast Aubergine

Prawn crackers
BeanSprouts & Mange tout

Baby
Roast Potatoes

Fluffy Basmati Rice

Crispy Oven Fries
Steamed Potato
Baked beans
Green Beans
Meatfree

Fruit

Pudding

Meatfree
Vanilla Ice cream with a homemade strawberry & basil coulis

Cinnamon Apple and sultana crumble cake with lemon drizzle

Fresh Lemon and coconut shortbread

Berry Jelly With Cream

Homemade Chocolate Rock Cakes

