

Lunch Week Beginning 9<sup>th</sup> November 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gnocchi and Tomato bake	Vegetable Tagine with Lemon Couscous	Spinach, leek & cheddar Wellington	Flatbread topped with Quinoa & Roasted Vegetables, Basil Oil	Vegan Penne Pasta with Olive & Basil Pesto Cream Sauce	Chilli Con Carne Sour cram	Sausages Bacon Vegan sausages Mushrooms
Coriander, Chilli, & Lime Tuna Steak	Steamed Plaice Fillet with a Thai Green Sauce	Fillet of Cod with a Mixed Bean Cassolet	Lemon & Herb Crusted Pollock	Deep Fried Catch of the Day Homemade Tartare Sauce & Lemons	Chicken Madras, Naan Bread Deep Fried Scampi Tails	Tomatoes Baked beans Hash Browns Toast
Honey & Mustard Grilled Chicken Fillet	Chilli Pork Belly Strips	Toad in The Hole	Spaghetti Bolognese with Garlic Bread	Mexican style chicken stir fry	Spinach & Ricotta Tortelleni	Fried eggs Scrambled Eggs
Tempeh, red lentil and pepper hot pot	Cheese and onion frittata	Butternut squash & lentil madras	Sweet chilli stir fry	Tofu egg noodle chow Mein	Vegan Vegetable Samosa, Lentil & Coriander Dhal	Pain au chocolates Croissants Danish Pastries
Sauté Potatoes Basmati Rice Broccoli Vegetable of the Day	Parmentier potatoes Savoury Rice Green Beans Vegetable of the day	Roasted Potatoes Steamed Rice Savoy cabbage Roasted Carrots	Seasoned Wedges Steamed Rice Peas Vegetable Of The Day	Chipped Potatoes Mushy Peas Selection of Seasonal Vegetables	Fragrant Basmati Rice French Fries Cajun Potato Wedges Minted Peas	Belgium waffles Blueberry compote Whipped cream

Dinner Week beginning 9<sup>th</sup> November 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Vegan Spring Rolls with Rice Noodle Chow mein	Grilled Halloumi stuffed Portobello Mushroom	Vegan Lentil bolognaise	Vegetable enchiladas	Vegan shepherd's pie		
Fish Goujon Bap With Watercress Mayonnaise	Roasted Cod with Basil Pesto, Roasted Vegetables	Fishermans Pie	Smoked haddock and spring onion fishcake	Chip Shop Style Fried Fish with Homemade Tartar Sauce & Lemons		
Piri Piri Ribeye Pork Steak	Meatballs with Penne Arrabiata	Chilli Con carne with Tacos & Sour Cream	Tandoori chicken Leg, sour dough naan, cucumber relish	Buffalo chicken wings		
Quorn hotpot	Cajun tofu with pickled red cabbage	Vegan Pulled BBQ Chicken Bap	Stuffed mushroom with spinach duxelle	Stuffed bell pepper		
Chipped Potatoes Steamed Rice Garden Peas Vegetable of the Day	Sauté Potatoes Savoury Rice Broccoli Seasonal Vegetables	New Potatoes Chips Garden Peas Corn on the Cob	Boulangere Potatoes Steamed Rice Leeks & Mange Tout Vegetable Of The Day	Chips Braised Rice Mushy peas Selection Of Seasonal Vegetables		

Lunch Week 11 Beginning 16<sup>th</sup> November 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday <b>BURGER DAY</b>	Sunday
Spinach & Goats Cheese Sourdough Pizza	Spiced Vegetable Tagine with Apricots	Vegetable Chilli with Tacos & Sour Cream	Asparagus & Pea Girasole with Parmesan cream Sauce	Cannelloni Verdi	British Beef Burger Minted Lamb Burger	<u>Brunch</u> Tomatoes Hash browns
Tuna Steak with Sesame Seeded Sautéed Green beans	Breaded Plaice fillet	Smoked haddock Florentine	Steamed Hake fillet with a thai green sauce	Deep Fried Catch of the Day with Homemade Tartar Sauce & Lemons	Fajita Spiced Chicken Fillet	Sausages Bacon Baked beans Mushrooms
Hunters chicken	Gammon Steak with Grilled Pineapple	Oriental Marinated Chicken Thighs with Spring Onions	Braised steak with button onions	BBQ rack of ribs	'Vegan' Pulled Pork Burger Spiced Butternut Squash & Quinoa Burger	Fried eggs Scrambled Eggs 'Vegan' sausages Toast
Mushroom risotto	Vegetarian pulled BBQ chicken in a bap	Vegetable pasta bake	Vegan cottage pie	Vegan sloppy joe	Floured bap Sesame seeded bun Brioche Bun Tortilla Wrap	Pain au chocolates Croissants Danish Pastries
Seasoned Wedges Steamed Rice Whole Green beans	Parmentier Potatoes Savoury Rice Broccoli Seasonal Vegetables	Herb Roasted Potatoes Braised rice Glazed Carrots Vegetable of the Day	Sautéed Potatoes Steamed Rice Peas Vegetable Of The Day	Chips Steamed Rice Mushy peas Selection Of Seasonal Vegetables	Skinny fries Seasoned wedges Battered Onion Rings Corn on the Cob	American Pancakes Blueberry compote Whipped cream

Dinner Week 11 Beginning 16<sup>th</sup> November 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Piri piri tofu steak with pak choi	Vegetable Samosa with Coriander Lentil Dahl	Spinach and ricotta tortellini bake	Sweet potato, spinach and lentil madras with naan	Goats Cheese & Red Onion Farfalle		
Spiced Pollock, Sour Cabbage & Apple	Mixed seafood penne with a dill cream sauce	Roasted Cod With Provencal Vegetable Sauce	Hoi Sin & Sesame Crusted Fillet Of Hake, Steamed Pak Choy	Deep Fried Catch Of The Day		
Chicken korma with garlic naan	Braised beef steak with button onions	Tagine Marinated pulled lamb with pitta bread	Jerk Marinated Chicken Fillet with rice and peas	Chicken with a bacon and leek cream sauce		
Spinach pakora with asain slaw	Goats cheese and sundried tomato pizza	Bombay potatoes with spinach	Tomato and basil quiche	Vegan hotdog with caramelized onions		
Roast New Potatoes Steamed Rice Glazed Carrots Vegetable of the Day	Chive & Mustard Mash Basmati Rice Broccoli Seasonal Vegetables	Herb Roasted Potatoes Lemon Couscous rice Braised Red Cabbage Vegetable of the Day	Croquette Potatoes Steamed Rice Cauliflower Cheese Vegetable Of The Day	Chips Steamed Rice Mushy peas Selection Of Seasonal Vegetables		

Lunch Week 12 Beginning November 23<sup>rd</sup> 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday <b>Pie day</b>	Sunday
Vegan Butternut squash & chickpea curry garlic & coriander naan bread	Mac 'n' Cheese	Vegan Crispy Vegetable Spring Roll with chow Mein	Curried cauliflower biryani	Vegan shepherd's pie	Chicken & Mushroom Pie	<u>Brunch</u> Tomatoes Hash browns
Lemon & rosemary crusted hake, mixed bean cassolet	Sweet chilli king prawn skewers	Breaded fillet of whiting	Grilled Mackerel with a warm potato salad	Deep Fried Catch of the Day with Homemade Tartar Sauce & Lemons	Steak & Ale Pie	Sausages Bacon Baked beans Mushrooms
Turkey schnitzel	Pulled Pork & Apple sauce Bap	Tandoori chicken, sour dough naan,	Lamb kofta with pitta bread	Pork stroganoff	'Vegan' Cornish Pastie	Fried eggs Scrambled Eggs 'Vegan' sausages Toast
Aubergine parmigiana with tomato, basil and mozzarella	Medley of vegetable tart	Vegetable burrito	Mushroom and courgette stroganoff	Vegetable burger		Pain au chocolates Croissants Danish Pastries
Roast New Potatoes Steamed Rice Broccoli Vegetable of the Day	Chipped potato Savoury Rice Green bean Seasonal Vegetables	Herb Roasted Potatoes Basmati Rice Steamed baton Carrots Vegetable of the Day	Sautéed Potatoes Steamed Rice Braised Cabbage Vegetable Of The Day	Chips Braised Rice Mushy peas Selection Of Seasonal Vegetables	Mustard Mash Root Vegetable Mash Chips Peas	American Pancakes Fruits of Forest Whipped cream

Dinner Week 12 Beginning 23<sup>rd</sup> November 2020

Monday	Tuesday	Wednesday	Thursday	Friday		
Gnocchi in a Tomato & Mascarpone Sauce	Vegan chestnut Mushroom carbonara	Glamorgan sausage, Lyonnaise in a Yorkshire	Broccoli and cashew nut Black Bean Stir Fry with egg fried rice	Chip Shop Style Fried Fish with Homemade Tartar Sauce & Lemons		
Smoked Haddock & Spring Onion Fishcakes	Filo Wrapped King Prawns with Sweet Chilli Dipping Sauce	Grilled Sea Bass with Garlic Roasted Vegetables	Fillet of coley with sundried tomatoes and pine nuts	Huevos rancheros (Vegan without Fried egg)		
Chilli beef stir fry	Lamb hot pot	Chilli Pork Belly Strips	Piri Piri Pork Ribeye Steak with Tomato & Pepper Salsa	Chicken and bacon pasta bake		
Spinach arancini	Paneer and spinach curry	Tofu butterbean stir fry	Vegetable lasagne with cheesy garlic bread	Vegetarian Chefs Special		
New potatoes Steamed Rice Glazed Carrots Vegetable of the Day	Chipped potato Savoury Rice Broccoli Seasonal Vegetables	Croquette Potatoes Baked Cauliflower Basmati Rice Vegetable of the Day	Seasoned Wedges Steamed Rice Sauté courgettes Vegetable Of The Day	Chips Mushy peas Selection Of Seasonal Vegetables		

Lunch Week 13 beginning 30<sup>th</sup> November 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Vegan Spring Rolls with Rice Noodle Chow mein	Grilled Halloumi stuffed Portobello Mushroom	Vegan Lentil bolognaise	Vegetable enchiladas	Vegan shepherd's pie	Chilli Con Carne Sour cram	Sausages Bacon Vegan sausages Mushrooms
Deep Fried Scampi Tails with Homemade tartare sauce	Roasted Cod with Basil Pesto, Roasted Vegetables	Fishermans Pie	Smoked haddock and spring onion fishcake	Chip Shop Style Fried Fish with Homemade Tartar Sauce & Lemons	Chicken Madras, Naan Bread Deep Fried Scampi Tails	Tomatoes Baked beans Hash Browns Toast
Piri Piri Ribeye Pork Steak	Meatballs with Penne Arrabiata	Chilli Con carne with Tacos & Sour Cream	Tandoori chicken Leg, sour dough naan, cucumber relish	Buffalo chicken wings	Spinach & Ricotta Tortelleni	Fried eggs Scrambled Eggs
Quorn hotpot	Cajun tofu with pickled red cabbage	Pulled jack fruit bap with Apple Sauce	Stuffed mushroom with spinach duxelle	Stuffed bell pepper	Vegan Vegetable Samosa, Lentil & Coriander Dhal	Pain au chocolates Croissants Danish Pastries
Chipped Potatoes Steamed Rice Garden Peas Vegetable of the Day	Sauté Potatoes Savoury Rice Broccoli Seasonal Vegetables	New Potatoes Chips Garden Peas Corn on the Cob	Boulangere Potatoes Steamed Rice Leeks & Mange Tout Vegetable Of The Day	Chips Braised Rice Mushy peas Selection Of Seasonal Vegetables	Fragrant Basmati Rice French Fries Cajun Potato Wedges Minted Peas	Belgium waffles Blueberry compote Whipped cream

Dinner Week Beginning 30<sup>th</sup> November 2020

Monday	Tuesday	Wednesday	Thursday	Friday		
Gnocchi and Tomato bake	Vegetable Tagine with Lemon Couscous	Parsnip & Apple Wellington	Flatbread topped with Quinoa & Roasted Vegetables, Basil Oil	Vegan Penne Pasta with Olive & Basil Pesto Cream Sauce		
Coriander, Chilli, & Lime Tuna Steak	Steamed Plaice Fillet with a Thai Green Sauce	Fillet of Cod with a Mixed Bean Cassolet	Lemon & Herb Crusted Pollock	Deep Fried Catch of the Day Homemade Tartare Sauce & Lemons		
Honey & Mustard Grilled Chicken Fillet	Chilli Pork Belly Strips	Toad in The Hole	Spaghetti Bolognese with Garlic Bread	Mexican style chicken stir fry		
Tofu, red lentil and pepper hot pot	Cheese and onion frittata	Butternut squash & lentil madras	Sweet chilli stir fry	Tofu egg noodle chow Mein		
Sauté Potatoes Basmati Rice Broccoli Vegetable of the Day	Parmentier potatoes Savoury Rice Green Beans Vegetable of the day	Roasted Potatoes Steamed Rice Savoy cabbage Roasted Carrots	Seasoned Wedges Steamed Rice Peas Vegetable Of The Day	Chipped Potatoes Mushy Peas Selection of Seasonal Vegetables		