



Date	Main Course	Salad Bar	Dessert
Monday	Moroccan Chicken stew with bulgur wheat	Cucumber / Lettuce / Wholemeal Bread	Fruit jelly Fresh fruit
Tuesday	Veg samosa with mix vegetable rice	Cucumber / Lettuce / Wholemeal Bread	Apple & Peach cake Fresh fruit
Wednesday	Chicken nuggets with sweet and sour pineapple rice	Cucumber / Sweetcorn / Wholemeal bread	Apple crumble Fresh fruit
Thursday	Cottage pie served with peas	Tomato salsa / Lettuce / Wholemeal Bread	Chocolate muffin Fresh fruit
Friday	Tuna Pasta Bake with sweetcorn	Lettuce / Coleslaw / Wholemeal Bread	Choc Ice Fresh fruit

Allergens D=Dairy E=Eggs SB=Soy beans M=Mustard L=Lupin CR=Crustaceans
P=Peanuts G=Gluten F=Fish N=Nuts SS=Sesame\seeds MO=Mollusc
C=Celery SD=Sulphur dioxide

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All food delivered to be used according to weekly menu and consumed on relevant day only.

Three-week regular lunch menu
Week 1



Date	Main Course	Salad Bar	Dessert
Monday	Chicken shawarma with basmati rice	Tomato salsa / Lettuce / Tortilla	Citrus cake Fresh fruit
Tuesday	Chicken sausage hot dog with baked beans	Sliced onion / Sliced tomato / Cheese / Hot dog bun	Blueberry muffin Fresh fruit
Wednesday	Beef chilli con carne with red kidney beans and rice	Lettuce / Coleslaw / Wholemeal Bread	Choc Ice Fresh fruit
Thursday	Teriyaki chicken with veggie noodles	Cucumber / Sweetcorn / Wholemeal bread	Fresh fruit
Friday	Beef bolognese served with penne pasta	Cucumber / Lettuce / Wholemeal Bread	Chocolate and Apple cake Fresh fruit

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Three-week regular lunch menu
Week 2



Date	Main Course	Salad Bar	Dessert
Monday	Chicken biriyani with daal	Cucumber / Lettuce / Wholemeal Bread	Chocolate muffin Fresh fruit
Tuesday	Fish and crispy potatoe with peas	Lettuce / Coleslaw / Wholemeal Bread	Vanilla ice cream Fresh fruit
Wednesday	Chicken fajitas with sour cream and sliced tomato	Cucumber / Lettuce / Grated cheese / Tortilla	Jam donughts Fresh fruit
Thursday	Chicken burger with a bun and herby potatoes	Sliced tomato / Lettuce	Peach flapjacks Fresh fruit
Friday	Beef pasta bake with cheese topping	Lettuce / Red pepper / Wholemeal bread	Fresh fruit

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Three-week regular lunch menu.

Week 3



Date	Main Course	Salad Bar	Dessert
Monday	Moroccan Chickpea stew with bulgur wheat	Cucumber / Lettuce / Wholemeal Bread	Fruit jelly Fresh fruit
Tuesday	Veggie samosa with mix vegetable rice	Cucumber / Lettuce / Wholemeal Bread	Apple & Peach cake Fresh fruit
Wednesday	Veggie nuggets with sweet and sour pineapple rice	Cucumber / Sweetcorn / Wholemeal bread	Apple crumble Fresh fruit
Thursday	Lentil Cottage pie with peas and tomato salsa	Tomato salsa / Lettuce / Wholemeal Bread	Chocolate muffin Fresh fruit
Friday	Veggie pasta bake with sweetcorn	Lettuce / Coleslaw / Wholemeal Bread	Choc Ice Fresh fruit

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Three-week vegi' lunch menu
Week 1



Date	Main Course	Salad Bar	Dessert
Monday	Veggie shawarma with basmati rice	Tomato salsa / Lettuce / Tortilla	Citrus cake Fresh fruit
Tuesday	Veggie sausages in onion gravy with creamy mash potato	Tomato salsa / Lettuce / Hot dog bun	Blueberry muffin Fresh fruit
Wednesday	Veg chilli con carne with red kidney beans and rice	Lettuce / Coleslaw / Wholemeal Bread	Choc Ice Fresh fruit
Thursday	Teriyaki tofu with veggie noodles	Cucumber / Sweetcorn / Wholemeal bread	Banana
Friday	Veggie bolognese with pasta	Cucumber / Lettuce / Wholemeal Bread	Chocolate and Apple cake Fresh fruit

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Three-week vegi' lunch menu
Week 2



Date	Main Course	Salad Bar	Dessert
Monday	Veggie biriyani with daal	Cucumber / Lettuce / Wholemeal Bread	Chocolate muffin Fresh fruit
Tuesday	Veggie nuggets with chips & peas	Lettuce / Coleslaw / Wholemeal Bread	Vanilla ice cream Fresh fruit
Wednesday	Veggie fajitas with tortilla and sour cream and sliced tomato	Cucumber / Lettuce / Grated cheese	Jam donughts Fresh fruit
Thursday	Veggie burger with a bun and chips served with sliced tomatoes, shredded lettuce	Sliced tomato / Lettuce	Peach flapjacks Fresh fruit
Friday	Veggie pasta bake with cheese topping	Lettuce / Red pepper / Wholemeal bread	Orange

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Three-week vegi' lunch menu
Week 3