



Date	Main Course	Salad Bar	Dessert
Monday	Moroccan Chicken stew with bulgur wheat	Cucumber / Lettuce / Wholemeal Bread	Fruit jelly Fresh fruit
Tuesday	Thai chicken with noodles	Cucumber / Sweetcorn / Wholemeal Bread	Apple & Peach cake Fresh fruit
Wednesday	Roast chicken slices in gravy with roast potato & veg medley	Cucumber / Lettuce / Wholemeal Bread	Apple crumble Fresh fruit
Thursday	Asian beef with spinach served with herby rice	Cucumber / Lettuce / Wholemeal Bread	Chocolate muffin Fresh fruit
Friday	Cottage pie served with peas	Lettuce / Coleslaw / Wholemeal Bread	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 bulgar wheat	Sweetcorn / Lettuce / Tortilla	Citrus cake Fresh fruit
Tuesday	Creamy chicken with crunchy potato topping and peas	Cucumber / Lettuce / Wholemeal Bread	Blueberry muffin Fresh fruit
Wednesday	Beef chilli con carne with kidney beans and rice	Cucumber / Lettuce / Grated cheese / Wholemeal bread	Mini doughnuts Fresh fruit
Thursday	Teriyaki chicken with veggie noodles	Cucumber / Sweetcorn / Wholemeal bread	Fresh fruit
Friday	Beef lasagna with green salad	Lettuce / Coleslaw / 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 potato with peas	Lettuce / Coleslaw / Wholemeal Bread	Green apple cake Fresh fruit
Wednesday	Chicken fajitas with bulgar wheat	Cucumber / Lettuce / Grated cheese / Tortilla	Cinnamon doughnut fresh fruit
Thursday	Chicken burger with a bun and chips served with shredded lettuce	Lettuce / Grated cheese	Peach flapjacks Fresh fruit
Friday	Beef bolognese served with penne pasta	Lettuce / Sweetcorn / 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	Thai vegetables with noodles	Cucumber / Sweetcorn / Wholemeal Bread	Apple & Peach cake Fresh fruit
Wednesday	Roast chickpeas in gravy with roast potato & veg medley	Cucumber / Lettuce / Wholemeal Bread	Apple crumble Fresh fruit
Thursday	Asian Soya, spinach and herby rice	Cucumber / Lettuce / Wholemeal Bread	Chocolate muffin Fresh fruit
Friday	Veg cottage pie served with peas	Lettuce / Coleslaw / Wholemeal Bread	Fresh fruit

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Three-week vegi' lunch menu  
Week 1



Date	Main Course	Salad Bar	Dessert
Monday	Veggie shawarma with bulgar wheat	Sweetcorn / Lettuce / Tortilla	Citrus cake Fresh fruit
Tuesday	Creamy beans with crunchy potato topping and peas	Cucumber / Lettuce / Wholemeal Bread	Blueberry muffin Fresh fruit
Wednesday	Veg chilli con carne with red kidney beans and rice	Cucumber / Lettuce / Grated cheese / Wholemeal bread	Mini doughnuts Fresh fruit
Thursday	Teriyaki tofu with veggie noodles	Cucumber / Sweetcorn / Wholemeal bread	Fresh fruit
Friday	Veggie lasagnia with green salad	Lettuce / Coleslaw / 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	Green apple cake Fresh fruit
Wednesday	Roasted chickpeas with bulgar wheat	Cucumber / Lettuce / Grated cheese / Tortilla	Cinnamon doughnut fresh fruit
Thursday	Veggie burger with a bun and chips served with shredded lettuce	Lettuce / Grated cheese	Peach flapjacks Fresh fruit
Friday	Veggie bolognese with pasta	Lettuce / Sweetcorn / Wholemeal Bread	Fresh fruit

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Week 3