

# LUNCH MENU - WEEK 1

## KITCHEN FAVOURITES

## MARKET FRESH

## SOMETHING SWEET

MONDAY

<p><b>MAINS</b></p> <p>Bean and Squash Tagine (v)</p> <p>Beef and Lentil Lasagne</p> <p><b>SIDES</b></p> <p>Garlic Bread, and Salad</p>	<p><b>SANDWICHES</b></p> <p>Grated Cheese</p> <p>Tuna Mayonnaise</p> <p>Sliced Ham</p> <p>Egg Mayonnaise</p>	<p><b>JACKET AND SOUP BAR</b></p> <p>Baked or Sweet Potatoes with a variety of fillings</p> <p>Japanese Miso Soup</p>	<p><b>SALAD</b></p> <p>A selection of freshly made salads including Coleslaw, Cucumber, Tomato, Iceberg lettuce Salad, Mixed Peppers, Red Onion</p>	<p>Strawberry Jelly Pots</p> <p>Greek Style Yoghurt</p> <p>Fresh Fruit</p>
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TUESDAY

<p><b>MAINS</b></p> <p>Katsu Quorn (v)</p> <p>Grilled Chicken Strips</p> <p><b>SIDES</b></p> <p>Steamed Rice, Curry Sauce, Green Beans and Sweetcorn</p>	<p><b>SANDWICHES</b></p> <p>Grated Cheese</p> <p>Tuna Mayonnaise</p> <p>Sliced Ham</p> <p>Egg Mayonnaise</p>	<p><b>JACKET AND SOUP BAR</b></p> <p>Baked or Sweet Potatoes with a variety of fillings</p> <p>Carrot, Honey and Ginger Soup</p>	<p><b>SALAD</b></p> <p>A selection of freshly made salads including Coleslaw, Cucumber, Tomato, Iceberg lettuce Salad, Mixed Peppers, Red Onion</p>	<p>Vanilla Sponge and Custard</p> <p>Greek Style Yoghurt</p> <p>Fresh Fruit</p>
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WEDNESDAY

<p><b>MAINS</b></p> <p>Vegetarian Wellington (v)</p> <p>Roast Pork</p> <p><b>SIDES</b></p> <p>Roast Potatoes, Mixed Vegetables and Yorkshire Pudding</p>	<p><b>SANDWICHES</b></p> <p>Grated Cheese</p> <p>Tuna Mayonnaise</p> <p>Sliced Ham</p> <p>Egg Mayonnaise</p>	<p><b>JACKET AND SOUP BAR</b></p> <p>Baked or Sweet Potatoes with a variety of fillings</p> <p>Indian Spiced Lentil Soup</p>	<p><b>SALAD</b></p> <p>A selection of freshly made salads including Coleslaw, Cucumber, Tomato, Iceberg lettuce Salad, Mixed Peppers, Red Onion</p>	<p>Fruit Salad Pots</p> <p>Greek Style Yoghurt</p> <p>Fresh Fruit</p>
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## SOMETHING SWEET

THURSDAY

<p><b>MAINS</b> Cheese and Tomato Pizza (v) Chicken and Pepper Pizza</p> <p><b>SIDES</b> Potato Wedges and Salad</p>	<p><b>SANDWICHES</b> Grated Cheese Tuna Mayonnaise Sliced Ham Egg Mayonnaise</p>	<p><b>JACKET AND SOUP BAR</b> Baked or Sweet Potatoes with a variety of fillings  Spiced Butternut Squash Soup</p>	<p><b>SALAD</b> A selection of freshly made salads including Coleslaw, Cucumber, Tomato, Iceberg lettuce Salad, Mixed Peppers, Red Onion</p>	<p>Strawberry Cheesecake  Greek Style Yoghurt Fresh Fruit</p>	
<p>FRIDAY</p>	<p><b>MAINS</b> Quorn Burger (v) MSC Battered Cod</p> <p><b>SIDES</b> Fries, Baked Beans or Garden Peas</p>	<p><b>SANDWICHES</b> Grated Cheese Tuna Mayonnaise Sliced Ham Egg Mayonnaise</p>	<p><b>JACKET AND SOUP BAR</b> Baked or Sweet Potatoes with a variety of fillings  Cream of Tomato and Basil Soup</p>	<p><b>SALAD</b> A selection of freshly made salads including Coleslaw, Cucumber, Tomato, Iceberg lettuce Salad, Mixed Peppers, Red Onion</p>	<p>Mini Cinnamon Doughnuts  Greek Style Yoghurt Fresh Fruit</p>

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# LUNCH MENU - WEEK 2

	KITCHEN FAVOURITES		MARKET FRESH		SOMETHING SWEET
MONDAY	<p><b>MAINS</b> Katsu Quorn Katsu Chicken</p> <p><b>SIDES</b> Steamed Rice, Curry Sauce and Fresh Vegetables</p>	<p><b>SANDWICHES</b> Grated Cheese Tuna Mayonnaise Sliced Ham Egg Mayonnaise</p>	<p><b>JACKET AND SOUP BAR</b> Baked or Sweet Potatoes with a variety of fillings  Leek and Potato Soup</p>	<p><b>SALAD</b> A selection of freshly made salads including Coleslaw, Cucumber, Tomato, Iceberg lettuce Salad, Mixed Peppers, Red Onion</p>	<p>Chocolate Chip Cookie  Greek Style Yoghurt  Fresh Fruit</p>
TUESDAY	<p><b>MAINS</b> Cajun Roasted Vegetable Tacos (v) Chicken Fajitas</p> <p><b>SIDES</b> Handmade Potato Wedges and Salad</p>	<p><b>SANDWICHES</b> Grated Cheese Tuna Mayonnaise Sliced Ham Egg Mayonnaise</p>	<p><b>JACKET AND SOUP BAR</b> Baked or Sweet Potatoes with a variety of fillings  Vegetable Soup</p>	<p><b>SALAD</b> A selection of freshly made salads including Coleslaw, Cucumber, Tomato, Iceberg lettuce Salad, Mixed Peppers, Red Onion</p>	<p>Lemon Mousse  Greek Style Yoghurt  Fresh Fruit</p>
WEDNESDAY	<p><b>MAINS</b> Roast Quorn Fillet (v) Roast Beef</p> <p><b>SIDES</b> Mashed Potatoes, Fresh Vegetables and Yorkshire Pudding</p>	<p><b>SANDWICHES</b> Grated Cheese Tuna Mayonnaise Sliced Ham Egg Mayonnaise</p>	<p><b>JACKET AND SOUP BAR</b> Baked or Sweet Potatoes with a variety of fillings  Minted Pea Soup</p>	<p><b>SALAD</b> A selection of freshly made salads including Coleslaw, Cucumber, Tomato, Iceberg lettuce Salad, Mixed Peppers, Red Onion</p>	<p>Fruit Salad Pots  Greek Style Yoghurt  Fresh Fruit</p>

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## KITCHEN FAVOURITES

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## SOMETHING SWEET

THURSDAY

<p><b>MAINS</b> Macaroni Cheese and Garlic Bread (v)  Pork Sausages with Gravy</p> <p><b>SIDES</b>  Diced Potatoes, Corn on the Cob and Broccoli</p>	<p><b>SANDWICHES</b>  Grated Cheese Tuna Mayonnaise  Sliced Ham  Egg Mayonnaise</p>	<p><b>JACKET AND SOUP BAR</b>  Baked or Sweet Potatoes with a variety of fillings    Minestrone Soup</p>	<p><b>SALAD</b>  A selection of freshly made salads including Coleslaw, Cucumber, Tomato, Iceberg lettuce Salad, Mixed Peppers, Red Onion</p>	<p>Flapjack  Greek Style Yoghurt  Fresh Fruit</p>
<p><b>MAINS</b> Quorn Sausage (v)  Scampi</p> <p><b>SIDES</b>  Fries, Baked Beans or Garden Peas</p>	<p><b>SANDWICHES</b>  Grated Cheese Tuna Mayonnaise  Sliced Ham  Egg Mayonnaise</p>	<p><b>JACKET AND SOUP BAR</b>  Baked or Sweet Potatoes with a variety of fillings    Cream of Tomato and Basil Soup</p>	<p><b>SALAD</b>  A selection of freshly made salads including Coleslaw, Cucumber, Tomato, Iceberg lettuce Salad, Mixed Peppers, Red Onion</p>	<p>Iced Cupcake  Greek Style Yoghurt  Fresh Fruit</p>

FRIDAY

# LUNCH MENU - WEEK 3

## KITCHEN FAVOURITES

## MARKET FRESH

## SOMETHING SWEET

MONDAY

<p><b>MAINS</b></p> <p>Homemade Vegetable Pasty (v)</p> <p>Turkey Burgers</p> <p><b>SIDES</b></p> <p>Diced Potatoes and Salad</p>	<p><b>SANDWICHES</b></p> <p>Grated Cheese</p> <p>Tuna Mayonnaise</p> <p>Sliced Ham</p> <p>Egg Mayonnaise</p>	<p><b>JACKET AND SOUP BAR</b></p> <p>Baked or Sweet Potatoes with a variety of fillings</p> <p>Cream of Sweetcorn Soup</p>	<p><b>SALAD</b></p> <p>A selection of freshly made salads including Coleslaw, Cucumber, Tomato, Iceberg lettuce Salad, Mixed Peppers, Red Onion</p>	<p>Shortbread Fingers</p> <p>Greek Style Yoghurt</p> <p>Fresh Fruit</p>
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TUESDAY

<p><b>MAINS</b></p> <p>Tomato and Basil Pasta (v)</p> <p>Beef Bolognaise</p> <p><b>SIDES</b></p> <p>Garlic Bread and Fresh Vegetables</p>	<p><b>SANDWICHES</b></p> <p>Grated Cheese</p> <p>Tuna Mayonnaise</p> <p>Sliced Ham</p> <p>Egg Mayonnaise</p>	<p><b>JACKET AND SOUP BAR</b></p> <p>Baked or Sweet Potatoes with a variety of fillings</p> <p>Sweet Potato and Butternut Squash Soup</p>	<p><b>SALAD</b></p> <p>A selection of freshly made salads including Coleslaw, Cucumber, Tomato, Iceberg lettuce Salad, Mixed Peppers, Red Onion</p>	<p>Raspberry Jelly Pots</p> <p>Greek Style Yoghurt</p> <p>Fresh Fruit</p>
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WEDNESDAY

<p><b>MAINS</b></p> <p>Roasted Vegetable Loaf (v)</p> <p>Roast Chicken</p> <p><b>SIDES</b></p> <p>Roast Potatoes, Mixed Vegetables and Yorkshire Pudding</p>	<p><b>SANDWICHES</b></p> <p>Grated Cheese</p> <p>Tuna Mayonnaise</p> <p>Sliced Ham</p> <p>Egg Mayonnaise</p>	<p><b>JACKET AND SOUP BAR</b></p> <p>Baked or Sweet Potatoes with a variety of fillings</p> <p>Carrot and Coriander Soup</p>	<p><b>SALAD</b></p> <p>A selection of freshly made salads including Coleslaw, Cucumber, Tomato, Iceberg lettuce Salad, Mixed Peppers, Red Onion</p>	<p>Fruit Salad Pots</p> <p>Greek Style Yoghurt</p> <p>Fresh Fruit</p>
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# LUNCH MENU - WEEK 3

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## SOMETHING SWEET

THURSDAY

<p><b>MAINS</b> Sweet Potato and Chickpea Tikka Masala (v)  Chicken Tikka Masala</p> <p><b>SIDES</b>  Naan Bread, Steamed Rice and Fresh Vegetables</p>	<p><b>SANDWICHES</b>  Grated Cheese Tuna Mayonnaise  Sliced Ham Egg Mayonnaise</p>	<p><b>JACKET AND SOUP BAR</b>  Baked or Sweet Potatoes with a variety of fillings  Butterbean and Chunky Vegetable Soup</p>	<p><b>SALAD</b>  A selection of freshly made salads including Coleslaw, Cucumber, Tomato, Iceberg lettuce Salad, Mixed Peppers, Red Onion</p>	<p>Jam Tart  Greek Style Yoghurt  Fresh Fruit</p>
<p><b>MAINS</b> Quorn Dippers (v)  Fishcakes</p> <p><b>SIDES</b>  Fries, Baked Beans or Garden Peas</p>	<p><b>SANDWICHES</b>  Grated Cheese Tuna Mayonnaise  Sliced Ham Egg Mayonnaise</p>	<p><b>JACKET AND SOUP BAR</b>  Baked or Sweet Potatoes with a variety of fillings  Cream of Tomato and Basil Soup</p>	<p><b>SALAD</b>  A selection of freshly made salads including Coleslaw, Cucumber, Tomato, Iceberg lettuce Salad, Mixed Peppers, Red Onion</p>	<p>Yoghurt and Coulis Pots  Greek Style Yoghurt  Fresh Fruit</p>

FRIDAY