

# Week 1 Menu

Service	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup &amp; Homemade Bread</b>	Red Lentil & Chickpea	Carrot & Coriander	Cream of Cauliflower	Tomato & Basil	Sweet Potato and Roasted Pumpkin Seeds
<b>The Main Counter</b>	Mac & Cheese Topped with Roasted Italian Vegetables	Roast Chicken with Sage & Onion Stuffing	Mediterranean Beef in a Warmed Tortilla Wrap with Roast Vegetables	Mild Chinese Style Chicken Curry	Battered Fish with Lemon & Fresh Tartare Sauce
	Potato Gnocchi, Red Pepper and Spinach Frittata Bake	Butternut Squash & Mixed Bean Wellington	Stuffed Roasted Peppers with Feta and Crunchy Seeds	Sweet & Sour Tofu and Roasted Asian Vegetables	Chickpea, Mixed Bean & Sweetcorn Burger
<b>The Energy Bar</b>	Freshly Baked Sweet Potatoes, Classic Jacket Potatoes or Pasta Served with Mexican Vegetable & Bean Chilli	Freshly Baked Sweet Potatoes, Classic Jacket Potatoes or Pasta Served with Italian Beef Bolognese	Freshly Baked Sweet Potatoes, Classic Jacket Potatoes or Pasta Served with Mild Chickpea Curry	Freshly Baked Sweet Potatoes, Classic Jacket Potatoes or Pasta Served with Rustic Tomato & Basil Ragout	Freshly Baked Sweet Potatoes, Classic Jacket Potatoes or Pasta Served with Tuna & Sweetcorn
<b>Sides</b>	Mixed Salad Steamed Green Beans Homemade Garlic & Rosemary Focaccia	Herb Roasted Potatoes Steamed Sliced Carrots Garden Peas	Herbed Couscous Herby Sweetcorn Steamed Courgettes	Steamed Rice Mixed Asian Greens Crunchy Carrots	Oven Baked Chips Garden Peas Baked Beans
<b>Dessert</b>	Apple & Cinnamon Oaty Crumble & Custard	Natural Yoghurt Pots with Toppings & Freshly Cut Fruit	Zero Waste Banana Bread	Natural Yoghurt Pots with Toppings & Freshly Cut Fruit	Nonna's Yoghurt Cake

# Week 2 Menu

Service	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup &amp; Homemade Bread</b>	Autumn Minestrone	Cream of Tomato	Roasted Carrot & Lentil	British Leek & Potato	Cumin & Paprika Spiced Parsnip
<b>The Main Counter</b>	Beef Meatballs in a Herby Tomato Sauce	Roast Breast of English Turkey with Sage & Onion Stuffing	Oven Baked Lasagne Topped with Mozzarella Cheese	Sweet Potato and Chickpea Curry	Creamy Seafood Pasta with Rocket & Red Onions
	Roasted Vegetable, Basil & Mixed Bean Bolognese	Roasted Chickpea Falafels with Tomato Salsa	Baked Potato Dumplings with Spinach & Ricotta Cheese	Cheddar Cheese, Tomato & Herb Pinwheel	Mushroom & Spinach Spaghetti alla Sorrentina
<b>The Energy Bar</b>	Freshly Baked Sweet Potatoes, Classic Jacket Potatoes or Pasta Served with BBQ Baked Beans	Freshly Baked Sweet Potatoes, Classic Jacket Potatoes or Pasta Served with Turkey Chilli <small>Mild</small>	Freshly Baked Sweet Potatoes, Classic Jacket Potatoes or Pasta Served with Butter Bean & Tomato Stew	Freshly Baked Sweet Potatoes, Classic Jacket Potatoes or Pasta Served with Mild Chicken Arrabbiata	Freshly Baked Sweet Potatoes, Classic Jacket Potatoes or Pasta Served with Coronation Chickpeas
<b>Sides</b>	Whole Wheat Pasta Steamed Broccoli Baby Carrots	Roasted Baby Potatoes Green Cabbage Cauliflower	Homemade Rosemary Focaccia Chef's Salad Steamed Carrots	Turmeric Rice Green Beans Steamed Sweetcorn	Homemade Garlic Bread House Salad Steamed Broccoli
<b>Dessert</b>	Carrot & Courgette Cake	Natural Yoghurt Pots with Toppings & Freshly Cut Fruit	Pear Oaty Crumble & Custard	Natural Yoghurt Pots with Toppings & Freshly Cut Fruit	Marmalade Bread & Butter Pudding with Custard

# Week 3 Menu

Service	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup &amp; Homemade Bread</b>	Roasted Red Pepper and Tomato	Cream of Field Mushroom & Herbs	Curried Parsnip	Winter Vegetable & Barley	Roasted Butternut Squash
<b>The Main Counter</b>	Kung Pao Tofu Stir Fry with Peppers	Herb Roast Chicken with Sage & Onion Stuffing	Classic Cottage Pie topped with Crispy Mashed Potatoes & Onion Gravy	Mild & Creamy Chicken Korma Curry	Baked Fish Tacos with Salsa and Crispy Onions
	Katsu Sweet Potatoes with Edamame Beans & Mild Katsu Sauce	Cheese, Leek and Butternut Squash Oaty Crumble	Vegetable & Lentil Cottage Pie Topped with Crispy Mashed Potatoes & Onion Gravy	Spring Onion, Tomato & Cheddar Wholemeal Quiche	Jerk Spiced Vegetables with Coconut Rice & Beans
<b>The Energy Bar</b>	Freshly Baked Sweet Potatoes, Classic Jacket Potatoes or Pasta Served with Italian Vegetable Bolognese	Freshly Baked Sweet Potatoes, Classic Jacket Potatoes or Pasta Served with Creamy Pesto Courgettes	Freshly Baked Sweet Potatoes, Classic Jacket Potatoes or Pasta Served with Grated Cheese & Baked Beans	Freshly Baked Sweet Potatoes, Classic Jacket Potatoes or Pasta Served with Mexican Spiced Vegetable Casserole	Freshly Baked Sweet Potatoes, Classic Jacket Potatoes or Pasta Served with Mild Beef Chilli
<b>Sides</b>	Egg Noodles Sweetcorn Green Beans	Parsley Potatoes Roasted Parsnips Steamed Savoy Cabbage	Garden Peas Roasted Carrots	Steamed Rice Roasted Cauliflower Green Beans	Chef's Salad Garden Peas
<b>Dessert</b>	Eves Pudding & Custard	Natural Yoghurt Pots with Toppings & Freshly Cut Fruit	Black Bean Chocolate Brownie	Natural Yoghurt Pots with Toppings & Freshly Cut Fruit	Orange Polenta Cake