

AUTUMN/WINTER 2022
LUNCH MENU – WEEK ONE



Green Earth Monday	Tuesday	Wednesday	Thursday	Friday
Mac n Cheese Topped with Cajun Vegetables	Shepherd's Pie Topped with Sweet Potato	Roast of the Day with Traditional Accompaniments	Chicken Balti served with Wholegrain Rice	Battered Fish with Chips
Baked Smoky Veggie Tortilla	Veggie Shepherd's Pie	Roasted Vegetable & Lentil Loaf	Squash & Chickpea Balti served with Rice,	Onion Bhaji Burger & Onion Chutney
Broccoli, Carrots, Baked Beans, Mixed Salad	Red Cabbage, Garden Peas, Baked Beans, Mixed Salad	Roast Potatoes, Carrots & Baked Beans, Mixed Salad	Bombay Potato, Chana Dhal, Baked Beans, Mixed Salad	Chips Mushy Peas, Baked Beans, Mixed Salad

AVAILABLE DAILY

Filled Baked Potatoes, Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps, Fresh Salads.

Hot Sweet of the Day or Fresh Fruit Salad, Hot & Cold Drinks

AUTUMN/WINTER 2022
LUNCH MENU – WEEK TWO



Green Earth Monday	Tuesday	Wednesday	Thursday	Friday
Spicy Veggie Keema Curry with Rice	Bangers & Mash (Pork or Chicken) Onion Gravy	Roast of the Day with Traditional Accompaniments	Thai Red Chicken Curry with Rice	Battered Fish with Chips
Sweet Potato Falafel, Flat Bread, Salad & Tomato Salsa	Veggie Sausages & Mash, Onion gravy	Cheesy Leek & Potato Pie	Thai Red Veg Curry with Wholegrain Rice	Baked Cheese, Onion & Spiced Tomato Jacket Skins
Peas, Roasted Carrots, Baked Beans, Mixed Salad	Mash Potatoes Sweetcorn, Carrots, Baked Beans, Mixed Salad	Roast Potatoes, Carrots, Green Cabbage, Baked Beans, Mixed Salad	Sweetcorn, Green beans, Baked Beans, Mixed Salad	Chips Mushy Peas, Baked Beans, Mixed Garden

AVAILABLE DAILY

Filled Baked Potatoes, Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps, Fresh Salads.

Hot Sweet of the Day or Fresh Fruit Salad, Hot & Cold Drinks

AUTUMN/WINTER 2022
LUNCH MENU – WEEK THREE



Green Earth Monday	Tuesday	Wednesday	Thursday	Friday
Vegetable Meatballs with Herb & Tomato Sauce & Pasta	Naked Chicken Katsu with Rice	Roast of the Day with Traditional Accompaniments	Moroccan Chicken Tagine with Lemon & Cous Cous	Battered Fish with Chips
Roasted Pepper & Mozzarella Rice Balls	Sweet Potato Katsu, Rice & Pickled Veg	Roasted Root Vegetable Pie	Moroccan Chickpea Lemon Tagine & Cous Cous	Panini Pizza with Feta Cheese & Tomato
Sweetcorn Broccoli, Baked Beans Mixed Salad	Roasted Veg Green Beans Baked Beans Mixed Salad	Roast Potatoes, Carrots, Broccoli Baked Beans Mixed Salad	Cauliflower Spiced Potatoes Baked Beans Mixed Salad	Chips Garden Peas, Baked Beans, Mixed Salad

AVAILABLE DAILY

Filled Baked Potatoes, Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps, Fresh Salads.

Hot Sweet of the Day or Fresh Fruit Salad, Hot & Cold Drinks