

# LUNCH

Jan 6, Jan 27, Feb 24, Mar 17

| Week 1                          | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|---------------------------------|--|--|--|--|--|
| <b>MAIN MEAL</b>                | Mild tikka<br>Chicken curry  | Exmoor pork and herb<br>Bolognese  | Roast chicken<br>Or<br>Gammon  | Traditional<br>Cottage pie   | Sustainable battered<br>pollock fillet with<br>tartare sauce                     |
| <b>MEAT FREE<br/>VEGETARIAN</b> | Japanese inspired<br>vegetable curry   | 5 bean and spinach<br>Bolognese  | Cheese & tomato<br>pinwheels   | Lentil and butternut filo<br>pie   | Battered vegan sausage   |
| <b>ON THE SIDE</b>              | Basmati rice<br>Smashed poppadum's<br>Green beans<br>Mango chutney               | Spaghetti pasta<br>Parmesan cheese<br>Sweetcorn                                  | Fluffy roast potatoes<br>Peas and cabbage<br>gravy<br>Yorkshire pudding          | Mashed potato<br>Carrots and peas  | Triple cooked chips<br>Peas<br>Baked beans                                       |
| <b>DESSERT</b>                  | Ice cream  | Apple and cinnamon<br>crumble with custard                                       | Sticky toffee pudding<br>and toffee cream  | Vanilla Rice pudding<br>and jam sauce  | Chocolate brownie  |
| <b>EVERY DAY</b>                | Jacket potato with<br>cheese and beans<br><br>Pasta bar with sauce of<br>the day | Jacket potato with<br>cheese and beans<br><br>Pasta bar with sauce of<br>the day | Jacket potato with<br>cheese and beans<br><br>Pasta bar with sauce of<br>the day | Jacket potato with<br>cheese and beans<br><br>Pasta bar with sauce of<br>the day | Jacket potato with<br>cheese and beans<br><br>Pasta bar with sauce of<br>the day |

# LUNCH

Jan 13, Feb 3, Mar 3, Mar 24

| Week 2                      | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|-----------------------------|--|--|--|--|--|
| <b>MAIN MEAL</b>            | Chicken and ham carbonara  | Mild pork chilli nachos  | Roast chicken  | 3 cheese macaroni cheese   | Battered pollock fillet  |
| <b>MEAT FREE VEGETARIAN</b> | Garlic mushroom and edamame bean and red pepper carbonara                  | Mild lentil and bean chilli  | Quorn sausage and roasted root vegetables                                  | Macaroni cheese  | Vegetable burger with pickled red onions                                   |
| <b>ON THE SIDE</b>          | Herby linguini<br>Parmesan cheese<br>peas                                  | Long grain rice<br>sweetcorn<br>Salsa, guacamole,<br>cheese, sour cream    | Roast potatoes<br>Rich gravy<br>Carrots & peas<br>Yorkshire puddings       | Garlic slice<br>Broccoli   | Seasoned Chips<br>Petit pois<br>Baked beans                                |
| <b>DESSERT</b>              | Chocolate chip sponge & custard  | Warm flapjack slice  | Lemon shortbread and custard   | Jam doughnut   | Giant cookie   |
| <b>EVERY DAY</b>            | Jacket potato with cheese and beans<br><br>Pasta bar with sauce of the day | Jacket potato with cheese and beans<br><br>Pasta bar with sauce of the day | Jacket potato with cheese and beans<br><br>Pasta bar with sauce of the day | Jacket potato with cheese and beans<br><br>Pasta bar with sauce of the day | Jacket potato with cheese and beans<br><br>Pasta bar with sauce of the day |

# LUNCH

Jan 20, Feb 10, Mar 10

| Week 3                      | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|-----------------------------|--|--|--|--|--|
| <b>MAIN MEAL</b>            | Mild BBQ Boston beef chilli  | Chicken thigh and chorizo ragu                   | Slow roasted pork shoulder and apple sauce<br>Or<br>braised chicken leg    | <b>Sausage bar</b><br>Butcher classic sausage<br>Pork & leek sausage<br>Chicken sausages | Battered pollock fillet with lime mojo mayonnaise                          |
| <b>MEAT FREE VEGETARIAN</b> | 5 bean and roasted red pepper chilli                                       | Spicy tomato ariabata with chunky vegetables     | Roasted vegetable hotpot with dumpling                                     | Vegetarian sausage toad in the hole  | Margherita pizza   |
| <b>ON THE SIDE</b>          | Long grain rice<br>Nacho chips<br>Salsa<br>Sour cream<br>Cheese            | Wholemeal penne pasta<br>Broccoli<br>Green beans | Fluffy roast potatoes<br>Peas and cabbage gravy<br>Yorkshire pudding       | Mash Potato<br>Sweetcorn and Onion gravy   | Chips<br>Peas<br>Baked beans   |
| <b>DESSERT</b>              | Maple-soaked Pancakes with autumn berry coulis                             | Chocolate sponge with chocolate custard          | Strawberry cheesecake  | Fruit crumble and custard  | Biscoff muffins tray bake  |
| <b>EVERY DAY</b>            | Jacket potato with cheese and beans<br><br>Pasta bar with sauce of the day | Jacket potato with cheese and beans              | Jacket potato with cheese and beans<br><br>Pasta bar with sauce of the day | Jacket potato with cheese and beans<br><br>Pasta bar with sauce of the day               | Jacket potato with cheese and beans<br><br>Pasta bar with sauce of the day |