

# Lunch, Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY BRUNCH
<p><b>Soup:</b> Leek &amp; Potato</p> <p><b>Hot options:</b> Chicken and Bacon Carbonara with Wholemeal Pasta</p> <p>Quorn Bolognese with Wholemeal Pasta</p> <p>Jacket Potatoes with Cheese &amp; Baked Beans</p> <p><b>Deli Bar:</b> Tomato Wrap/Wholegrain Plait Plain Baguette/Pretzel Bap</p> <p>Pulled Chicken with Lemon Crème Fraiche Sliced Roast Turkey Pulled Ham with Tomato &amp; Pickles Egg, Avocado, Red Onion &amp; Crème Fraiche Tuna, Pesto &amp; Sundried Tomato Cheese Savoury</p> <p>Grated Cheese Sliced Egg Sliced Beef Tomato Pea Shoots</p> <p><b>Salad Bar:</b> Mixed Leaf &amp; Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot</p> <p>Coleslaw Orzo pasta with Basil Pesto &amp; Olives Raw Beetroot, Carrot and Parsley Potato, Caper and tarragon Salad Mexican Tijuana Bean Salad</p> <p><b>Dressings:</b> Tomato Chutney Mayonnaise Lemon Crème Fraiche</p> <p><b>Dessert:</b> Fresh Fruit &amp; Yoghurts</p>	<p><b>Soup:</b> Miso Noodle</p> <p><b>Hot options:</b> Chicken Mughlai Korma with Chickpeas &amp; Rice</p> <p>Coconut &amp; Cardamom Curry with Chickpeas, Vegetables &amp; Rice</p> <p>Jacket Potatoes with Cheese &amp; Baked Beans</p> <p><b>Deli Bar:</b> Spinach Wrap/Wholegrain Knot Olive Baguette/Wholegrain Pitta</p> <p>Thai Asian Shaved Beef Hot Smoked Salmon, Spinach &amp; Cucumber Pulled Chicken Coronation Chicken Grilled Halloumi Cheese &amp; Pickle</p> <p>Grated Cheese Smoke Aubergine Crispy Onions Pesto Marinated Baby Tomatoes</p> <p><b>Salad Bar:</b> Mixed Leaf &amp; Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot</p> <p>Red Cabbage &amp; Raisin Coleslaw Spiced Moroccan Vegetable and Giant Couscous Salad Garden Salad Sliced Peppers Carrot &amp; Toasted Seeds</p> <p><b>Dressings:</b> Curried Mayonnaise Tamari, Lime and Sesame</p> <p><b>Dessert:</b> Fresh Fruit &amp; Yoghurts</p>	<p><b>Soup:</b> Honey Roasted Butternut Squash</p> <p><b>Hot options:</b> Chinese Sesame Pork with Sesame Bulgar Noodle</p> <p>Roasted Chickpeas, Peppers, Beansprouts &amp; Spring Onion with Udon Noodles in Tamarind Chutney</p> <p>Jacket Potatoes with Cheese &amp; Baked Beans</p> <p><b>Deli Bar:</b> Plain Wrap/Onion Baguette Wholegrain Roll/Mezzaluna Bread</p> <p>Pulled Chicken Chicken with Crispy Bacon &amp; Honey Avocado, Spinach &amp; Egg Mackerel, Caper &amp; Horseradish Falafel with Mango, Mint &amp; Yogurt Mozzarella with Pesto &amp; Plum Tomato</p> <p>Grated Cheese Pickled Red Onion Jalapeños Sliced Plum Tomato</p> <p><b>Salad Bar:</b> Mixed Leaf &amp; Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot</p> <p>Coleslaw Wholemeal Pasta with Tomato, Basil &amp; Chopped Black Olives Indian Chickpea &amp; Puy Lentil Salad Sliced Peppers Moroccan Carrot Salad with Millet</p> <p><b>Dressings:</b> Mayonnaise Ranch Dressing Roasted Red Pepper Dressing</p> <p><b>Dessert:</b> Fresh Fruit &amp; Yoghurts</p>	<p><b>Soup:</b> Roast Tomato, Basil and Orzo</p> <p><b>Hot options:</b> Bolognese with Wholemeal Pasta</p> <p>Mushroom Meatballs, Pomodoro Sauce &amp; Wholemeal Pasta</p> <p>Jacket Potatoes with Cheese &amp; Baked Beans</p> <p><b>Deli Bar:</b> Wholegrain Wrap/Wholegrain Knot/ Tiger Baguette/ Tomato &amp; Oregano Focaccia</p> <p>Roast Turkey Breast Turkey Club &amp; Mustard Mayonnaise Onion Bhaji with Raita &amp; Cucumber Flaked Tuna Tuna Crunch Brie, Basil &amp; Red Pesto</p> <p>Grated Cheese Pickled Gherkins Paprika Roast Chickpeas with Sweet Peppers Marinated Tofu</p> <p><b>Salad Bar:</b> Mixed Leaf &amp; Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot</p> <p>Celeriac &amp; Apple Coleslaw Quinoa, Dried Fruits &amp; Herbs Three Bean Salad with Red Onion, Coriander &amp; Harissa Dressing Red Cabbage, Carrot, Onion &amp; Lemon Herb Dressing Edamame Bean, Feta &amp; Mint Salad</p> <p><b>Dressings:</b> Lemon Mayonnaise Harissa Crème Fraiche Minted Yogurt</p> <p><b>Dessert:</b> Fresh Fruit &amp; Yoghurts</p>	<p><b>Soup:</b> Creamy Mushroom</p> <p><b>Hot options:</b> Turkey with Crème Fraiche, Paprika Sautéed Peppers &amp; Wholemeal Pasta</p> <p>Chickpeas with Butter Bean, Crème Fraiche &amp; Wholemeal Pasta</p> <p>Jacket Potatoes with Cheese &amp; Baked Beans</p> <p><b>Deli Bar:</b> Tomato Wrap/Plain Baguette Wholegrain Plait/Ciabatta</p> <p>Pulled Chicken Chicken Tikka with Onion Bhaji Flaked Tuna Tuna &amp; Sweetcorn Cottage Cheese House Salad Cheddar, Celeriac &amp; Apple with Mustard Crème Fraiche</p> <p>Grated Cheese Sliced Egg Grilled Red Peppers Jalapeños</p> <p><b>Salad Bar:</b> Mixed Leaf &amp; Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot</p> <p>Coleslaw Noodle Salad Jerk Corn &amp; Black-eyed Bean Salad Sliced Jalapeños Pickled New Potato</p> <p><b>Dressings:</b> Mayonnaise Balsamic Dressing Mango Chutney Dressing</p> <p><b>Dessert:</b> Fresh Fruit &amp; Yoghurts</p>	<p><b>Hot options:</b> Pork Sausage</p> <p>Grilled Bacon</p> <p>Mushroom Sausage</p> <p>Quorn Patties</p> <p>Scrambled Egg</p> <p>Free Range Egg Omelette (Sat)</p> <p>Boiled Egg (Sun)</p> <p>Avocado &amp; Cottage Cheese Frittata</p> <p>Hash Browns</p> <p>Baked Beans</p> <p>Grilled Fresh Tomatoes</p> <p><b>Salad Bar:</b> Mixed Leaf &amp; Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p><b>Dressings:</b> Mayonnaise Caesar Dressing (Sat) Honey French Mustard (Sun) Rapeseed Oil Flavoured Oil</p> <p><b>Dessert:</b> Fresh Fruit &amp; Yoghurts</p>

# Lunch, Week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY BRUNCH
<p><b>Soup:</b> Tuscan Bean</p> <p><b>Hot options:</b> Chicken with Creamy Red Pesto &amp; Wholemeal Pasta</p> <p>Pumpkin Ravioli with Sage Butter &amp; Toasted Pine Kernels</p> <p>Jacket Potatoes with Cheese &amp; Baked Beans</p> <p><b>Deli Bar:</b> Tomato Wrap/Wholegrain Plait Plain Baguette/Pretzel Bap</p> <p>Chicken Sweetcorn in Wholegrain Mustard Mayonnaise Pulled Chicken Egg Mayonnaise Tomato, Gremolata, Capers &amp; Feta Smoked Mackerel with Horseradish Crème Fraiche Cheese Savoury</p> <p>Grated Cheese Hummus Pickled Cucumber Sliced Boiled Egg</p> <p><b>Salad Bar:</b> Mixed Leaf &amp; Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot</p> <p>Coleslaw Edamame Bean, Cucumber &amp; Red Onion Asian Mixed Salad Roasted Red Pepper &amp; Pesto Quinoa with Dried Fruits &amp; Herbs</p> <p><b>Dressings:</b> Spiced Tomato Chutney Mayonnaise Tahini &amp; Lemon</p> <p><b>Dessert:</b> Fresh Fruit &amp; Yoghurts</p>	<p><b>Soup:</b> Roast Tomato, Basil &amp; Orzo</p> <p><b>Hot options:</b> Mexican-style Beef Chilli with Braised Brisket &amp; Cinnamon Rice</p> <p>Mexican-style Vegan Chilli with Cinnamon Rice</p> <p>Jacket Potatoes with Cheese &amp; Baked Beans</p> <p><b>Deli Bar:</b> Spinach Wrap/Wholegrain Knot Olive Baguette/Wholegrain Pitta</p> <p>Roast Beef, Onions &amp; Coleslaw Pulled Chicken Chicken Club Tuna Crunch Flaked Tuna Cheese &amp; Pickle</p> <p>Grated Cheese Marinated Roast Vegetables Pickled Red Cabbage Sauerkraut</p> <p><b>Salad Bar:</b> Mixed Leaf &amp; Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot</p> <p>Celeriac &amp; Apple Coleslaw Quinoa, Avocado &amp; Pomegranate Three Bean Salad with Red Onion, Coriander &amp; Harissa Dressing Sliced Peppers Carrot &amp; Toasted Seeds</p> <p><b>Dressings:</b> Mayonnaise Chimichurri Sweetcorn Relish</p> <p><b>Dessert:</b> Fresh Fruit &amp; Yoghurts</p>	<p><b>Soup:</b> Honey Butternut Squash &amp; Chilli</p> <p><b>Hot options:</b> Tuna &amp; Roast Tomato Niçoise with Linguini</p> <p>Butternut Squash, Ricotta &amp; Basil Pasta Bake</p> <p>Jacket Potatoes with Cheese &amp; Baked Beans</p> <p><b>Deli Bar:</b> Plain Wrap/Onion Baguette Wholegrain Roll/Mezzaluna Bread</p> <p>Shredded Turkey &amp; Pickles Sliced Roast Turkey Prawn, Marie Rose &amp; Lettuce Pulled Ham Grilled Aubergine, Rocket, Mozzarella &amp; Pine Nut Falafel with Chopped Salad</p> <p>Grated Cheese Plain Baked Falafel Pickles Marinated Artichoke</p> <p><b>Salad Bar:</b> Mixed Leaf &amp; Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot</p> <p>Coleslaw Orzo Pasta, Tomato, Basil &amp; Olives Barley Radish &amp; Roast Squash Salad Sweetcorn Potato &amp; Chive Salad with Crème Fraiche Dressing</p> <p><b>Dressings:</b> Caesar Dressing Mayonnaise Mango Chutney</p> <p><b>Dessert:</b> Fresh Fruit &amp; Yoghurts</p>	<p><b>Soup:</b> Leek &amp; Potato</p> <p><b>Hot options:</b> Thai Turkey Fried Rice with Sriracha Dressing</p> <p>Vegetarian Paella with Feta &amp; Aioli</p> <p>Jacket Potatoes with Cheese &amp; Baked Beans</p> <p><b>Deli Bar:</b> Wholegrain Wrap/Wholegrain Knot/ Tiger Baguette/ Tomato &amp; Oregano Focaccia</p> <p>Pulled Chicken Coronation Chicken Flaked Tuna Greek Salad with Baba Ghanoush Onion Bhaji, Minted Yogurt &amp; Salad Cheese with Tomato Chutney</p> <p>Grated Cheese Crumbled Baked Onion Bhaji Shredded Marinated Jackfruit Piquillo Peppers</p> <p><b>Salad Bar:</b> Mixed Leaf &amp; Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot</p> <p>Red &amp; White Coleslaw Vietnamese Rice Noodle Salad Nicoise with Feta &amp; Mint Farro, Corn, Red Pepper &amp; Onion Salad with Coriander &amp; Lime Dressing</p> <p><b>Dressings:</b> Minted Yogurt Curried Mayonnaise Harissa &amp; Roast Onion Dressing</p> <p><b>Dessert:</b> Fresh Fruit &amp; Yoghurts</p>	<p><b>Soup:</b> Mulligatawny</p> <p><b>Hot options:</b> Pasta al Forno</p> <p>Wholemeal Pasta with Roast Tomato Sauce, Capers &amp; Olives</p> <p>Jacket Potatoes with Cheese &amp; Baked Beans</p> <p><b>Deli Bar:</b> Tomato Wrap/Plain Baguette Wholegrain Plait/Ciabatta</p> <p>Roast Turkey Breast Turkey Club Flaked Tuna Tuna Pesto &amp; Sweet Red Pepper Hummus, Marinated Mushrooms &amp; Onion Haloumi, Pesto &amp; Sundried Tomato</p> <p>Grated Cheese Sliced Plum Tomatoes Chopped Olives Grated Carrot &amp; Raisin</p> <p><b>Salad Bar:</b> Mixed Leaf &amp; Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot</p> <p>Coleslaw Balsamic Dressed Beetroot Wild Rice, Broccoli &amp; Red Cabbage Salad with Miso Dressing Sliced Jalapeños Asian Sesame &amp; Edamame Bean</p> <p><b>Dressings:</b> Mayonnaise Balsamic Dressing Basil Pesto</p> <p><b>Dessert:</b> Fresh Fruit &amp; Yoghurts</p>	<p><b>Hot options:</b> Pork Sausage</p> <p>Grilled Bacon</p> <p>Mushroom Sausage</p> <p>Quorn Patties</p> <p>Scrambled Egg</p> <p>Free Range Egg Omelette (Sat)</p> <p>Boiled Egg (Sun)</p> <p>Avocado &amp; Cottage Cheese Frittata</p> <p>Hash Browns</p> <p>Baked Beans</p> <p>Grilled Fresh Tomatoes</p> <p><b>Salad Bar:</b> Mixed Leaf &amp; Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p><b>Dressings:</b> Mayonnaise Caesar Dressing (Sat) Honey &amp; French Mustard (Sun) Rapeseed Oil Flavoured Oil</p> <p><b>Dessert:</b> Fresh Fruit &amp; Yoghurts</p>

# Lunch, Week 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY BRUNCH
<p><b>Soup:</b> Cauliflower &amp; Broccoli</p> <p><b>Hot options:</b> Creamy Garlic, Parmesan &amp; Basil Chicken with Wholemeal Pasta</p> <p>Spinach &amp; Ricotta Tortellini with Roast Pepper &amp; Chilli Sauce</p> <p>Jacket Potatoes with Cheese &amp; Baked Beans</p> <p><b>Deli Bar:</b> Tomato Wrap/Wholegrain Plait Plain Baguette/Pretzel Bap</p> <p>Hot Smoked Salmon, Cucumber, Capers &amp; Horseradish Crème Fraiche Shredded Chicken Tikka Pulled Chicken BBQ Pulled Pork, &amp; Red Onion Egg Mayo Cherry Tomato &amp; Mozzarella Cheese Savoury</p> <p>Grated Cheese Sliced Boiled Egg Roast Red Onion Hummus</p> <p><b>Salad Bar:</b> Mixed Leaf &amp; Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot</p> <p>Coleslaw Broccoli, Carrot &amp; Cranberry Slaw Sliced Pickled Beetroot Carrot, Raisin &amp; Chickpea Salad Roast Vegetable Tabbouleh</p> <p><b>Dressings:</b> Mayonnaise Basil Pesto Smokey BBQ Sauce</p> <p><b>Dessert:</b> Fresh Fruit &amp; Yoghurts</p>	<p><b>Soup:</b> Sweet Potato, Tomato &amp; Bean</p> <p><b>Hot options:</b> Lamb Madras Chettinad Curry with Basmati Rice</p> <p>Tofu &amp; Vegetables with Sweet Chilli Sauce &amp; Toasted Sesame Sweet</p> <p>Jacket Potatoes with Cheese &amp; Baked Beans</p> <p><b>Deli Bar:</b> Spinach Wrap/Wholegrain Knot Olive Baguette/Wholegrain Pitta</p> <p>Pulled Chicken Chicken with Tarragon Crème Fraiche &amp; Tomato Tuna, Fennel, Caper &amp; Red Onion Flaked Tuna Roast Sweet Potato, Salsa &amp; Tomato Cheese &amp; Pickle</p> <p>Grated Cheese Cottage Cheese Avocado Capers</p> <p><b>Salad Bar:</b> Mixed Leaf &amp; Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot</p> <p>Red Cabbage &amp; Raisin Coleslaw Green Bean, Roast Fennel &amp; Radish with Sour Cream &amp; Dill Dressing Wholegrain Quinoa with Herbs &amp; Pimento Sliced Peppers Greek Style Mixed Salad</p> <p><b>Dressings:</b> Mayonnaise Tarragon Crème Fraiche Sweet Pepper Dressing</p> <p><b>Dessert:</b> Fresh Fruit &amp; Yoghurts</p>	<p><b>Soup:</b> Red Lentil, Coconut &amp; Chilli</p> <p><b>Hot options:</b> Slow-Braised Beef Ragu with Wholemeal Pasta</p> <p>Spinach &amp; Courgette Biryani</p> <p>Jacket Potatoes with Cheese &amp; Baked Beans</p> <p><b>Deli Bar:</b> Plain Wrap/Onion Baguette Wholegrain Roll/Mezzaluna Bread</p> <p>Roast Turkey Shredded Turkey with Smoked Bacon &amp; Maple Dressing Peppered Mackerel &amp; Horseradish Crème Fraiche Cajun Mushrooms Falafel with Mango &amp; Minted Yogurt Cheddar, Celeriac &amp; Mustard Crème Fraiche</p> <p>Grated Cheese Crumbled Baked Falafel Pickles Alfalfa Sprouts</p> <p><b>Salad Bar:</b> Mixed Leaf &amp; Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot</p> <p>Coleslaw Mediterranean Orzo Salad Pickled New Potato &amp; Red Onion Sweetcorn Cauliflower Couscous</p> <p><b>Dressings:</b> Mayonnaise Ranch Dressing Maple Syrup Dressing</p> <p><b>Dessert:</b> Fruit &amp; Yoghurts</p>	<p><b>Soup:</b> Pea &amp; Mint</p> <p><b>Hot options:</b> Thai Red Chicken Curry with Rice</p> <p>Quorn Ragu, Tomato &amp; Oregano with Rice</p> <p>Jacket Potatoes with Cheese &amp; Baked Beans</p> <p><b>Deli Bar:</b> Wholegrain Wrap/Wholegrain Knot/Tiger Baguette/Tomato &amp; Oregano Focaccia</p> <p>Italian Baked Chicken Pulled Chicken Pastrami Shaved Beef Sliced Roast Beef Onion Bhaji with Raita &amp; Salad Cheese with Tomato Chutney</p> <p>Grated Cheese Crispy Onions Sauerkraut Pickled Gherkins</p> <p><b>Salad Bar:</b> Mixed Leaf &amp; Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot</p> <p>Celeriac &amp; Apple Coleslaw Pea, Mint &amp; Farro Giant Couscous &amp; Quinoa with Moroccan Spices Pickled Red Cabbage Watercress, Beetroot &amp; Feta Salad</p> <p><b>Dressings:</b> Mustard Mayonnaise Minted Yogurt Mango &amp; Chilli Dressing</p> <p><b>Dessert:</b> Fresh Fruit &amp; Yoghurts</p>	<p><b>Soup:</b> Parsnip, Sage &amp; White Bean</p> <p><b>Hot options:</b> Cuban Chimichurri &amp; Garlic Lemon Chicken</p> <p>Brazilian Black Bean &amp; Sweet Potato Feijoada</p> <p>Jacket Potatoes with Cheese &amp; Baked Beans</p> <p><b>Deli Bar:</b> Tomato Wrap/Plain Baguette Wholegrain Plait/Ciabatta</p> <p>Turkey with Crispy Bacon, Pickles &amp; American Mayonnaise Tune Provençale Flaked Tuna Marinated Roast Vegetables Avocado, Spinach &amp; Plum Tomato Cheddar with Pineapple &amp; Shallots</p> <p>Grated Cheese Sweetcorn Hummus Diced Chorizo</p> <p><b>Salad Bar:</b> Mixed Leaf &amp; Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot</p> <p>Coleslaw Sesame Noodle, Peas &amp; Broad Bean Roasted Squash, Chickpea &amp; Cranberry Sliced Jalapeños Red Rice, Avocado Red Pepper &amp; South American Pesto</p> <p><b>Dressings:</b> Mayonnaise Balsamic Dressing Basil Pistou</p> <p><b>Dessert:</b> Fresh Fruit &amp; Yoghurts</p>	<p><b>Hot options:</b> Pork Sausage</p> <p>Grilled Bacon</p> <p>Mushroom Sausage</p> <p>Quorn Patties</p> <p>Scrambled Egg</p> <p>Free Range Egg Omelette (Sat)</p> <p>Boiled Egg (Sun)</p> <p>Avocado &amp; Cottage Cheese Frittata</p> <p>Hash Browns</p> <p>Baked Beans</p> <p>Grilled Fresh Tomatoes</p> <p><b>Salad Bar:</b> Mixed Leaf &amp; Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p><b>Dressings:</b> Mayonnaise Caesar Dressing (Sat) Honey French Mustard (Sun) Rapeseed Oil Flavoured Oil</p> <p><b>Dessert:</b> Fresh Fruit &amp; Yoghurts</p>