

Lunch, Week 1

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

Lunch, Week 2

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

Lunch, Week 3

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