



## LUNCH MENU

3 week cycle from 7 September 2020

### WEEK 1

#### Monday

- Southern fried chicken, sautéed potatoes and vegetables
- Vietnamese style vegetable stir fry
- Baked potato with beans and cheese

#### Tuesday

- Meatball pasta with garlic bread
- Arrabiata pasta with garlic bread
- Baked potato with beans and cheese

#### Wednesday

- Roast beef with Yorkshire puddings, vegetables and roast potatoes
- Vegetable jalfrezi with rice and naan bread

#### Thursday

- Pizza and chips
- Baked potato with beans and cheese

#### Friday

- Salmon fishcakes with garden peas and sautéed potatoes
- Vegetable nut roast with garden peas and sautéed potatoes

### WEEK 2

#### Monday

- BBQ pork ribs with sweetcorn and potato wedges
- BBQ Quorn with sweetcorn and potato wedges

#### Tuesday

- Tandoori chicken with spiced rice and naan bread
- Vegetable Thai curry with spiced rice and naan bread
- Baked potato with beans and cheese

#### Wednesday

- Lasagne with garlic bread
- Vegetarian lasagne with garlic bread
- Baked potato with beans and cheese

#### Thursday

- Roast chicken with Yorkshire puddings, vegetables and roast potatoes
- Vegetable Kiev's with Yorkshire puddings, vegetables and roast potatoes
- Baked potato with beans and cheese

#### Friday

- Salmon goujons with garden peas and sautéed potatoes
- Roast butternut tart with garden peas and sautéed potatoes
- Baked potato with beans and cheese

### WEEK 3

#### Monday

- Sweet and sour chicken with basmati rice and prawn crackers
- Sweet and sour vegetable casserole with basmati rice and prawn crackers
- Baked potato with beans and cheese

#### Tuesday

- Macaroni cheese and ham with garlic bread
- Macaroni cheese with garlic bread
- Baked potato with beans and cheese

#### Wednesday

- Sausages and mash with gravy and vegetables
- Vegetarian sausage and mash with gravy and vegetables
- Baked potato with beans and cheese

#### Thursday

- Cottage pie with vegetables
- Vegetarian cottage pie with vegetables
- Baked potato with beans and cheese

#### Friday

- Battered cod with garden peas and potato wedges
- Baked potato with beans and cheese

**Fruit served everyday!**

Please note this menu is subject to change based on the availability of ingredients.