

Lunch Menu – w/c 6th September, 25th September, 16th October, 20th November & 11th December

	Monday	Tuesday	Wednesday	Thursday	Friday
Bread	Homemade Bread of the day	Homemade Bread of the day	Homemade Bread of the day	Homemade Bread of the day	Homemade Bread of the day
Soup	Market soup of the day GF	Market soup of the day GF	Market soup of the day GF	Market soup of the day GF	Market soup of the day GF
Jacket Potato or Sweet Potato	Spinach & Tomato GF or Chilli Beef GF	Chunky Tomato salsa GF or Cheddar Cheese	Chicken Curry GF or Baked Beans	Spicy Pork GF or Grated Cheese	Bolognaise GF or Baked Beans
Main	Piri Piri Chicken with Mango Chilli salsa	Italian Meatballs in a Pomodoro sauce & parmesan	Roast Pork with apple sauce & gravy GF	Turkey Escalope, with Crispy onions & a creamy Mushroom sauce	Chefs battered Fish or Grilled Fish of the Day with Tartar sauce & Lemon wedges
Vegetarian Main	Roasted Aubergine & Halloumi stack with Red Pesto dressing GF	Quorn Meatballs with Basil Pesto	Sweet Potato & Spinach pie with a crispy Potato topping GF	Pan Haggerty with Vegetarian Sausages	Pan-fried Polenta with Peppers & Green lentils
Vegetable 1	Potato Barovitti	Spaghetti	Roast Potatoes	Creamy Mashed Potato	Chipped Potatoes
Vegetable 2	Chargrilled Greens	Roasted Peppers	Honey Roasted Carrots	Steamed Broccoli	Mushy or Garden Peas
Vegetable 3	Spinach	5 Bean mix	Green Beans	Sweetcorn	Baked beans
International Express Bar	<u>Risotto Bar</u> Bacon & Mushroom Risotto with Basil Mascarpone GF Roast Squash & Gorgonzola Risotto GF Parmesan shavings	<u>Noodle Bar</u> Hoisin & Sesame Chicken Quorn with Bok choi & Ginger Egg Noodles Crispy Seaweed Mushroom & Spring onions	<u>Nachos</u> Tortilla chips Shredded Pork Shoulder in Smoked BBQ Sauce Stringy Cheese Tomato Salsa Sour cream Sweetcorn & Coriander	<u>Pasta Station</u> Classic Spaghetti Bolognaise GF Penne with Tomato, Basil & Fire roasted Pepper sauce	<u>Authentic Paella</u> Chicken & Seafood Paella (g.f) Vegetable Paella (g.f) Charred baby gem
Gluten & Dairy Free	Piri Piri Chicken	Meatballs in a Pomodoro sauce with pasta	Roast Pork with apple sauce & gravy GF	Beef bolognaise with pasta	Chefs battered Fish or Grilled Fish of the Day
Salad Bar	Daily Selection of Plain & Mixed Salads	Daily Selection of Plain & Mixed Salads	Daily Selection of Plain & Mixed Salads	Daily Selection of Plain & Mixed Salads	Daily Selection of Plain & Mixed Salads
Hot Pudding	Chocolate bread & butter pudding with custard	Rice pudding with berry compote GF	Apricot crumble with Custard	Lemon drizzle Cake with Cream	Banana Toffee Sponge with Custard
Cold Desserts	Jelly Pot GF Oat & Fruity Flapjack GF Black Cherry Yoghurt	Jelly Pot GF Chocolate Shot Pot GF Blueberry Yoghurt	Jelly Pot GF Raspberry Cheesecake Yoghurt bar with mixed berries & seeds	Jelly Pot GF Strawberry and Lemon Pot GF Yoghurt with berry compote	Jelly Pot GF Tiramisu Natural Yoghurt