

Lunch Menu – w/c 11th September, 2nd October, 6th November & 27th November

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Bread</b>	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
<b>Soup</b>	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
<b>Jacket Potato or Sweet Potato</b>	Grated Cheese or Tuna & sweetcorn GF	Chicken Carbonara GF or Baked Beans	Beef chilli GF or Bean Cassoulet GF	Shredded pork & creamy tomato sauce GF or Grated Cheese	Tomato salsa GF or Spiced beef GF
<b>Main</b>	Homemade Beef Lasagne	Cottage Pie with Roasted onion gravy	Honey Roasted Gammon with rich gravy	Southern fried Chicken	Jumbo Fish fingers, Scampi or Grilled Fish of the day with Tartar sauce & Lemon wedges
<b>Vegetarian Main</b>	Bean Cassoulet with fresh Herb crumb & mint yoghurt	Chargrilled Vegetable & Bean lasagne with crunchy nacho topping	Colcannon with Parmesan topping	Sweet Potato, Pepper, Chickpea & crispy onions Casserole GF	Rice & Vegetable Wellington with mushroom sauce
<b>Vegetable 1</b>	Garlic Bread	Herby new Potatoes	Roast potatoes	Coconut Rice	Chipped Potatoes
<b>Vegetable 2</b>	Medley of Greens	Peas	Glazed carrots	Roasted Peppers	Mushy or Garden peas
<b>Vegetable 3</b>	Chargrilled Peppers	Sweetcorn	Whole Green beans	Crunchy Slaw	Baked Beans
<b>International Express Bar</b>	<u>Build your own burger</u> Homemade Beef or Chicken Burger Selection of sliced cheeses Jalapenos & Gherkins Burger Relishes & Mustard	<u>Pizza &amp; Pasta bar</u> Meat Feast or Roasted Pepper & mushroom Penne Pasta Tomato & Basil sauce Carbonara sauce	<u>Thai</u> Thai green curry Thai red vegetable curry Thai noodles Fragrant broth Prawn crackers	<u>Mac Bar</u> Classic Macaroni Cheese Crispy Onion & Tomato Macaroni Cheese	<u>Fajita Bar</u> Cajun chicken GF Mixed Bean & Pepper GF Sour cream Lime salsa Fiery slaw
<b>Gluten &amp; Dairy Free</b>	Beef or Chicken burger in roll	Tomato & Basil Pasta or Meat or Veggie Pizza	Honey Roasted Gammon with rich gravy	Southern fried Chicken	Grilled fish with a Spinach Pomodoro sauce
<b>Salad Bar</b>	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
<b>Hot Pudding</b>	American pancakes with chocolate sauce or syrup or mixed berries	Orange drizzle Cake with crème Chantilly GF	Pineapple upside down Cake & Custard	Iced Gingerbread Cake GF	Chocolate Sponge & Chocolate sauce
<b>Cold Desserts</b>	Jelly Pot GF Fruits of Forest Mousse GF Yoghurt with crumb topping	Jelly Pot GF Cappuccino Cream pot GF Strawberry Yoghurt with lemon sauce	Jelly Pot GF Victoria Sponge Cake GF Yoghurt bar with mixed berries & seeds	Jelly Pot GF Fruit Trifle GF Black Cherry Yoghurt	Jelly Pot GF Blueberry Cheesecake Peach Yoghurt