

Lunch Menu 3	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	Tuna & sweetcorn GF or Baked Beans	Spicy Quorn GF or Baked Beans	Tomato & Spinach Sauce GF or Grated Cheese	Mexican Chicken or Baked Beans	Grated Cheese or Chunky Vegetable & Tomato sauce GF
Main	Chilli con Carnie with Jalapenos & Chilli flakes GF	Braised Farmhouse Sausages in gravy	Roast chicken Leg with Onion gravy	Beef, Potato & Root Vegetable Casserole	Chefs battered Fish or Grilled Fish of the Day with Tartar sauce & Lemon wedges
Vegetarian Main	Root Vegetable bake with Italian Pomodoro sauce GF	Chickpea & Spinach Masala with spicy dip GF	Pea and Mushroom Risotto With balsamic rocket salad GF	Vegetable Curry with Coconut rice	Tomato & Spinach Pasta bake
Vegetable 1	Chefs rice	Creamy Mashed Potato	Roast potatoes	Diced herby baked	Chipped Potatoes
Vegetable 2	Courgette & Leek Stir-fry	Glazed Carrots	Cauliflower Cheese	Sweetcorn	Mushy or Garden Peas
Vegetable 3	Mixed Beans	Roasted Root Vegetables	Garden Peas	Broccoli	Baked Beans
International Express Bar	<u>Pie bar</u> Minced Beef & Onion GF Turkey, Ham & Leek Spinach & Sweet Potato GF Choose from Mashed potato or Puff pastry pie top Mushy or Garden Peas	<u>Creole Bar</u> Louisiana Jambalaya Vegetable & bean Jambalaya Tangy Creole remoulade	<u>Mexican Enchiladas</u> Spicy Beef Mixed Bean & Pepper Sour cream Tex mex salsa Crispy jalapeños	<u>Chinese</u> Chicken Chow Mein Special Fried rice Vegetable Chow main Prawn crackers	<u>Hog Roast</u> Pulled Pork with Apple sauce Roasted Quorn with Apple sauce
Gluten & Dairy Free	Chilli con carnie Or pie with Mashed potato top	Chickpea & spinach masala	Roast chicken leg & onion gravy	Beef, Potato & Root Vegetable Casserole	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	Apple & Strawberry crumble with Custard	Sticky Toffee Pudding & Ice-cream	Lime & Coconut cake	Chocolate Puddle Pudding with Chocolate sauce	Cherry Bakewell Tart
Cold Desserts	Jelly Pot GF Selection of Muffins GF Blueberry Yoghurt	Jelly Pot GF Mixed berry Eton mess Natural Yoghurt	Jelly Pot GF Banoffee Mousse Yoghurt Bar with mixed seeds & berries	Jelly Pot GF Seasonal cheesecake Yoghurt with poached Apricots	Jelly Pot GF Brownie sundae Black cherry Yoghurt