


# Lunch

Sample Menu	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Tomato and basil	Carrot and coriander	Squash and cumin	Cream of parsnip	Broccoli and chilli	Cream of mushroom	 <p>Brunch</p> <p>Full English</p> <p>Sausage Bacon Black pudding Fried egg Boiled egg Beans Mushroom Tomato Fried bread</p>
Main course one	Beef Lasagne	Thai red Chicken Curry	Honey roast Gammon with a pineapple salsa	Sausage of the day with Roasted Red Onions and peppers	Breaded Fish or Steamed Fish	Pulled Pork & Cheese pasta bake	
Main course two	Keema lamb flat bread Slaw and mint yoghurt	Turkey supreme	Cheese And tomato Pizza	Turkey and ham Shortcrust Pie	Beef Burger, Cheese & Crispy Onions	Smokey Chicken and chorizo casserole	
Vegetarian option	Fruity Vegetable Tagine & Cous Cous	Thai green Vegetable and tofu Curry	Home made Veggie Sausages, Roasted Red Onions & Peppers	Spinach & Ricotta Sundried Tomato filo topped Pie	Mixed bean burger, Slaw & pineapple salsa	Smokey Quorn and mushroom cassoulet	
On the side	Garlic Bread, New Potatoes & Herb Oil Cauliflower, Green Beans, Sweet Potato & Baked Beans	Jasmine Rice, Roasted Squash, kale & Peas, Jacket Potato, Sweet Potato & Baked Beans	Roast Potatoes, Carrots, Parsnips, Red Cabbage, Gravy, Sweet Potato, Jacket Potato & Baked Beans	Chive Mash, Broccoli, Sweetcorn, Onion Gravy, Sweet Potato, Jacket Potato & Baked Beans	Chips, Peas, Mushy Peas, Baked Beans, Sweet Potato & Jacket Potato	Crushed New Potatoes, Green Beans, Roasted Cauliflower, Gravy, Sweet Potato, Jacket Potato & Baked Beans	
Hot dessert	Chocolate and cherry sponge Chocolate sauce	Lemon tarts	Peach and cherry Granola topped Crumble cream	Sticky syrup sponge & custard	Sticky toffee pudding with butter scotch sauce	Bread and butter pud	
Cold desserts	Yoghurt, fruit, Jelly and Dessert pots. Fresh fruit on request						

Dishes highlighted in pink,  
Are a fun meal,  
Something different

Most dishes have one or more of the  
key features to make it a Future  
Proof Food dish.