# **LUNCH MENU**





	1
lona	1011

Tomato & Basil Soup

Beef Bolognaise

Italian Chicken, Tomatoes & Onions

Vegetable Bolognaise

Pasta of the Day, Garlic Bread, Buttered Sweetcorn, Steamed Garden Peas

Pasta & Baked Potato Bar

Big Bowl Salad Bar

Steamed Jam Sponge, Custard

Traybake of the Day

#### Tuesday

Garden Vegetable Soup

Chicken & Mushroom Pie

Beef Hotpot

Thatched Potato Topped Root Vegetable Pie

Herby New Potatoes, Steamed Green Beans, Buttered Carrots, Gravy

Pasta & Baked Potato Bar

Big Bowl Salad Bar

Lemon Drizzle Cake, Custard

Traybake of the Day

#### Wednesday

Carrot & Coriander Soup

Chicken Faiitas

Beef Chilli Nachos

Vegetable Chimichanga

Mexican Rice, Corn On The Cob, Steamed Garden Peas, Sour Cream, Salsa, Guacamole

Pasta & Baked Potato Bar

Big Bowl Salad Bar

Chocolate Rice Pudding, Orange Segments

Traybake of the Day

## Thursday

Mushroom & Tarragon Soup

Roast Pork

Minced Beef & Onion Pie

Spiced Cauliflower Steak

Roast Potatoes, Broccoli, Carrots, Apple Sauce, Gravy

Pasta & Baked Potato Bar

Big Bowl Salad Bar

Treacle Sponge, Custard

Traybake of the Day

## Friday

Pea & Mint Soup

Battered Fillet of Fish

Steamed Fish

Grilled Sausages

Vegetable Sausages

Cheese & Tomato Pizza

Chips, Peas, Curry Sauce, Tartare Sauce

Pasta & Baked Potato Bar

Big Bowl Salad Bar

Fruit Crumble, Custard

Traybake of the Day

## Saturday

Garlic & Soy Chicken

Crispy Tofu

**Chefs Special** 

Lime Rice, Roasted Vegetables, Prawn Crackers

Big Bowl Salad Bar

Traybake of the Day

#### Sunday

**Grilled Sausage** 

Grilled Bacon

**Halal Sausages** 

Vegan Sausages

Baked Beans, Chefs Eggs, Grilled Tomatoes, Sauteed Mushrooms, Hash Browns

A selection of salads & dressings, jelly, mousses, yoghurt, toppings & whole fruits are available each day.

WEEK 1



# **LUNCH MENU**





Controcon	7	Non	day
-----------	---	-----	-----

Leek & Potato Soup

**Butchers Choice Sausages** 

**Hunters Chicken** 

Vegetarian Sausages

Herby Diced Potatoes, Steamed Garden Peas, Buttered Sweetcorn, Gravy

Pasta & Baked Potato Bar

Big Bowl Salad Bar

Steamed Sultana Sponge, Custard

Traybake of the Day

#### Tuesday

Roasted Vegetable Soup

Spiced Lemon Chicken

Braised Paprika & Herb Pork

Slow Baked Aubergine, Tomatoes & Chickpeas

Herbed Rice, Pitta,
Baked Courgettes,
Orange & Cumin Carrots,
Minted Yoghurt

Pasta & Baked Potato Bar

Big Bowl Salad Bar

Toffee Apple Sponge, Custard

Traybake of the Day

#### Wednesday

Sweet Carrot Soup

Lasagne

Breaded Chicken
Parmigiana

Potato Gnocchi, Peppers, Spinach, Herb Olive Oil

Buttered New Potatoes, Roasted Root Vegetables, Green Beans, Pesto

Pasta & Baked Potato Bar

Big Bowl Salad Bar

Creamy Rice Pudding, Wild Berry Compote

Traybake of the Day

## Thursday

Roast Tomato Soup

Baked Gammon, Pineapple

Creamy Chicken Pie

Root Vegetable Crumble

Roast Potatoes, Steamed Broccoli & Cauliflower, Red Cabbage, Gravy

Pasta & Baked Potato Bar

Big Bowl Salad Bar

Chocolate Crispie Cake

Traybake of the Day

## Friday

Mushroom Soup

Battered Fish

Steamed Fish

Beef Burger

Chip Shop Vegetable Curry

Sausage Roll

Chips, Boiled Rice, Curry Sauce, Steamed Peas, Tartare Sauce

Pasta & Baked Potato Bar

Big Bowl Salad Bar

Chocolate Sponge, Custard

#### Saturday

Peruvian Chicken

Grilled Halloumi Wrap

Chefs Special

Spiced Tomato Potatoes, Slaw, Hot Pepper Sauce, Salsa, Lime Mayonnaise

Big Bowl Salad Bar

Traybake of the Day

## Sunday

**Grilled Sausage** 

**Grilled Bacon** 

Halal Sausages

Vegan Sausages

Baked Beans, Chefs Eggs, Grilled Tomato, Sauteed Mushrooms & Hashbrowns

Traybake of the Day

A selection of salads & dressings, jelly, mousses, yoghurt, toppings & whole fruits are available each day.

WEEK 2

All our meals are freshly made

# **LUNCH MENU**





#### Monday

Leek & Butterbean Soup

Crunchy Chicken Fillet

Beef & Mushroom Pie

Vegetable Casserole

Herby Diced Potatoes, Steamed Peas, Buttered Sweetcorn, Gravy

Pasta & Baked Potato Bar

Big Bowl Salad Bar

Lemon Drizzle Cake, Custard

Traybake of the Day

#### Tuesday

Sweet Pepper & Tomato
Soup

Sweet & Sour Chicken

Mandarin BBQ Pork

Crispy Tofu, Sweet Chilli Sauce

Sticky Rice, Stir Fry Vegetables, Prawn Crackers

Pasta & Baked Potato Bar

Big Bowl Salad Bar

Toffee Apple Crumble, Custard

Traybake of the Day

#### Wednesday

Cheese & Tomato Pizza

Broccoli Soup

Pepperoni Pizza

Roast Vegetable Pasta Bake

Potato Wedges, Corn on the Cob, Garlic Bread

Pasta & Baked Potato Bar

Big Bowl Salad Bar

Vanilla Rice Pudding, Pineapple Chunks

Traybake of the Day

## Thursday

Carrot & Orange Soup

Roast Turkey

Marmalade Glazed Pork Belly

Roasted Quorn Fillet

Roast Potatoes, Sage & Onion Stuffing, Chunky Carrots, Peas

Pasta & Baked Potato Bar

Big Bowl Salad Bar

Sprinkle Cake, Custard

Traybake of the Day

#### Friday

Mushroom Soup

**Battered Fish** 

Steamed Fish

Crispy Sausage

Vegetable Sausage

Panini

Chips, Peas, Curry Sauce, Gravy, Tartare Sauce

Pasta & Baked Potato Bar

Big Bowl Salad Bar

Cornflake Cake, Custard

Traybake of the Day

# Saturday

Southern Fried Chicken

Goujons

Fried Vegan Nuggets

Chefs Special

Spicy Crispy Fries, Chilli Corn on the Cob, Coleslaw, Onion Rings, Spicy Mayo

Pasta & Baked Potato Bar

Big Bowl Salad Bar

Traybake of the Day

## Sunday

**Grilled Sausage** 

**Grilled Bacon** 

**Halal Sausages** 

Vegan Sausages

Baked Beans, Chefs Eggs, Grilled Tomato, Sauteed Mushrooms & Hashbrowns

A selection of salads & dressings, jelly, mousses, yoghurt, toppings & whole fruits are available each day.

WEEK 3



All our meals are freshly made