

# Lunch



| Week 1             | MONDAY                                                                                  | TUESDAY                                                          | WEDNESDAY                                                              | THURSDAY                                 | FRIDAY                                            |
|--------------------|-----------------------------------------------------------------------------------------|------------------------------------------------------------------|------------------------------------------------------------------------|------------------------------------------|---------------------------------------------------|
| Morning Snack      |                                                                                         |                                                                  |                                                                        |                                          |                                                   |
| Soup of the day    | Chefs soup of the day with fresh baked bread & topping (gf bread available)             |                                                                  |                                                                        |                                          |                                                   |
| Main               | Spaghetti Bolognese                                                                     | Assorted Pizza<br>(Meaty and Vegetarian)                         | Portuguese Chicken                                                     | Pork and chorizo paella<br>Aioli         | Fish and chip shop lunch                          |
| Meat free          | Italian vegetable and<br>bean puff pastry parcel                                        | Halloumi and vegetable<br>stack basil dressing<br>with cous cous | Roasted butternut and<br>sage risotto                                  | Spinach sweet potato<br>and feta lasagne | Macaroni cheese topped<br>with sun dried tomatoes |
| On the side        | 50/50 pasta<br>Garden peas<br>Buttered carrots<br>Parmesan cheese<br>Garlic dough bites | Corn on the cob<br>BBQ baked beans                               | Roasted Mediterranean<br>vegetable<br>Spring greens<br>Spiced potatoes | Carrots<br>Roasted Broccoli              | Garden peas<br>Baked beans                        |
| Pasta / Jacket bar | 50/50 pasta tomato sauce jacket potatoes & reduced salt & sugar baked beans             |                                                                  |                                                                        |                                          |                                                   |
| Salad bar          | Selection of simple & composite salads with protein items dressings & toppings          |                                                                  |                                                                        |                                          |                                                   |
| Dessert            | Apple crumble crunch<br>Custard                                                         | Caramelised orange<br>upside-down cake                           | Creamy rice pudding pots                                               | Chocolate sponge<br>Chocolate sauce      | Selection of<br>ice creams                        |
| Every Day          | Selection of whole & freshly cut fruit jelly, yoghurt & sweet pot                       |                                                                  |                                                                        |                                          |                                                   |