




LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CRUDITES & SALAD	Cucumber & Carrots	 Taste Tourists Continent – Asia Country – Turkey	Cucumber & carrots	Broccoli & pepper	Cucumber & carrots
MAIN MEAL	Baked Gnocchi with a roasted tomato, red lentil & pesto sauce Or	Lamb Shish Kofta (Turkish spiced lamb mince)	Mexican spiced beef Chilli con carne	Lemon & Thyme marinated roasted Chicken thigh	Sustainable MSC cod Fish fingers
MEAT FREE	Jacket Potato with a choice of tuna & sweetcorn, baked beans & mature British cheddar cheese	Sweet potato falafels (spicy blend of sweet potato, carrot, apricot, chickpeas and coriander leaf)	Spiced Sweet potato & 5 Bean Chilli	Vegetable Wellington	Moving Mountains Fishless fingers
ON THE SIDE	Garlic Bread Steamed garden peas & sweetcorn	With Turkish Slaw, mint yoghurt, Humous & flat breads Grilled Spiced green beans	Whole grain rice Cauliflower & green beans Tortilla Chips Chunky tomato salsa, homemade guacamole & sour cream	Crispy Roast Potatoes Yorkshire pudding Sage & onion stuffing Braised Kale & Carrots	Chunky Chips Mushy Peas or Baked beans
DESSERT	Mini glazed Doughnuts	Blackberry & Mint Brownie	Vanilla Cookies	Rice Krispy treat	Selection of Ice-creams
EVERY DAY	Sweet or Maris Piper Baked Potato with baked beans & cheese, 50/50 pasta with rich Italian Tomato & Herb sauce Fresh cut sliced fruit, whole fruit, yoghurt and Jelly				

LUNCH

	MONDAY	 TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CRUDITES & SALAD	Cucumber & Carrots	Taste Tourists Continent – Asia Country – Korea	Cucumber & carrots	Broccoli & pepper	Cucumber & carrots
MAIN MEAL	Classic Macaroni & Cheese topped with a Mature British cheddar crust or Jacket Potato with a choice of creamy cheese sauce or baked beans	Sticky Korean Chicken marinated in soy, garlic & honey	Pizza Day Your Choice of American Style Pepperoni	Traditional British Pork Sausages	Sustainable MSC Cod Fish Fingers
MEAT FREE		Sticky Korean “chicken style” vegan strips	Sweet & Smokey pulled BBQ chicken Classic Margarita with Italian Basil, tomato & Mozzarella	Quorn Best of British sausages	Moving Mountains Fishless Fingers
ON THE SIDE	Steamed Green beans & baked butternut squash	Soft egg Noodles Stir-fried cabbage, broccoli, carrots & Bok Choi	Braised Kale & sweetcorn	Creamy Mashed potato Sticky baked carrots & garden peas Rich gravy	Chunky chips Mush Peas or Baked beans
DESSERT	Chocolate muffin	Iced Carrot cake	Classic Italian Tiramisu	Banana & Maple Cake	Selection of Ice-creams
EVERY DAY	Sweet or Maris Piper Baked Potato with baked beans & cheese, 50/50 pasta with rich Italian Tomato & Herb sauce Fresh cut sliced fruit, whole fruit, yoghurt and Jelly				

LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CRUDITES & SALAD	Cucumber & Carrots	Cherry tomato & Baby corn	Cucumber & carrots	 Taste Tourists Continent – Asia Country – Mongolia	Cucumber & carrots
MAIN MEAL	“Chicken Style” Vegetarian Burger Or Al dente whole wheat Penne Pasta with a rich Italian roasted tomato & Basil sauce	Mildly Spiced Chicken & vegetable Tikka Masala	Pasta Day Your choice of 50/50 Penne pasta with	Mongolian Beef Cooked in soy, ginger & brown sugar	Sustainable MSC Cod Fish Fingers
MEAT FREE		Chickpea & Roasted butternut curry	Mini Pork meatballs Creamy chicken Moving Mountains no meatballs	Guriltai Shul Mongolian Ramen with vegetables & noodles	Moving Mountains Fishless Fingers
ON THE SIDE	Baked Sweet potato wedges Steamed Green beans & sweetcorn	Basmati Rice Naan Bread Tandoori roasted Cauliflower & broccoli	Herb glazed courgettes & carrots	Soft egg noodles Sticky Green beans	Chunky Chips Mushy Peas or Baked beans
DESSERT	Pancake with Syrup	Fruit & seed flapjack	Yoghurt Bar with your choice of toppings	Beetroot Brownie	Selection of ice-creams
EVERY DAY	Sweet or Maris Piper Baked Potato with baked beans & cheese, 50/50 pasta with rich Italian Tomato & Herb sauce Fresh cut sliced fruit, whole fruit, yoghurt and Jelly				