







# LUNCH



WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Green garden peas & mint soup	Creamy sweetcorn and cumin soup	Spicy chicken & miso soup	Red roasted peppers & basil velouté	Rustic Umbrian borlotti bean soup
<b>CLASSIC</b>	Spicy Thai red chicken curry 	Butcher's sausages and creamy Maris piper mash potato	Crispy fish fingers baps 	Ricotta and spinach wholegrain crepes 	Wholemeal pizza with spicy Spanish chorizo 
<b>NOURISH</b>	Smoked tofu and vegetable Thai red curry	Roasted mushroom and thyme sausages with Maris piper mash potato	Roasted aubergine meatballs in tomato sauce baps 	Ricotta and mushroom wholegrain crepes	Wholemeal pizza margherita
<b>ON THE SIDE</b>	Steamed jasmine rice and ginger green beans	Whole grain mustard gravy and garden peas	French fries, peas, tartare sauce, lettuce and tomatoes	Roasted broccoli and carrots	Smoked paprika french fries and garden peas
<b>DESSERT</b>	Gala apple and cinnamon oat crumble served with vanilla custard	Fruit platter	South Tyrol pear and chocolate strudel	Fruit platter	Doughnuts selection 

We offer a lighter alternative of freshly prepared salad bar as well as daily options of pasta and jacket potatoes

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WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Summer vegetables soup	Spinach & Parmigiano soup	Welsh leek & potato soup	Roasted tomatoes & basil soup	Black lentil dhal
CLASSIC	Portuguese piri piri chicken	Sticky hoisin pork noodles	Chinese lemon and sesame chicken and fine beans	Beef Bolognese baked pasticcio 	New York style hot dog 
NOURISH	Piri piri roasted vegetables and Halloumi skewers	Sticky hoisin tofu noodles	Chinese lemon and sesame tempeh, cauliflowers and fine beans	Lasagne alla Genovese with pesto, green beans and potatoes	New York style vegan Hot dog
ON THE SIDE	Spicy rice, garlic bread and corn, tomato and red onion salad	Chinese sautéed vegetables	Steamed lemongrass, long grain rice and Chinese cabbage	Steamed kale and cabbage	Cajun wedges, broccoli, fried onions, crispy onions, sauces, gherkins
DESSERT	Summery Eton mess	Fruit platter	Millionaire shortbread 	Fruit platter	Old school vanilla cake & sprinkles

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WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Ginger & butternut squash soup	Mexican black bean soup	Seasonal zucchini & marjoram veloute	Roasted carrot & cumin soup	Spicy sweet potato & coconut curried soup
CLASSIC	Yangzhou chicken and egg fried rice	Rosemary and garlic pork ribs	Spicy merguez lamb sausages and butter beans casserole	Caribbean bbq roasted chicken	Fish fingers and chips
NOURISH	Yangzhou smoked tofu fried rice	Stuffed portobello mushrooms	Rustic five beans pie	Caribbean bbq aubergines and chickpeas	Courgettes and asparagus cakes and chips
ON THE SIDE	Steamed broccoli and carrots	Roasted potatoes and saluted green beans	Roasted parsnips and butternut squash	Cajun basmati rice & black eye beans Sautéed carrots and mangetout	Garden Peas, Mushy peas, curry sauce, tartare sauce
DESSERT	Fresh Jelly with seasonal fruit	Fruit platter	Zingy lemon drizzle	Fruit platter	Jevington banoffee pie

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