

LUNCH



Monday

Tuesday

Wednesday

Thursday

Friday

Every Day

Main Event

Sundried Tomato & Pesto Sauce

Jerk Chicken with Mango Salsa

Roast Chicken with Apple Stuffing & Gravy

Beef & Vegetable Stew

MSC Fish Fingers OR Salmon Quiche

Homemade Bread

Meat Free

Creamy Gorgonzola & Mushroom Sauce

Sweet Potatoes & Black Eyed Beans Cake

Butternut Squash & Feta Strudel

Vegetable & Beans Bake

Courgette & Tomato Frittata

Fresh Fruit

And to go with...

Garlic Bread
Pasta Bows
Courgette Wheel

Rice & Beans
Cauliflower

New Potatoes
Garden Peas

Creamy Mash Potatoes
Baton Carrots

Oven Chips
Baked Beans
Curly Kale

Fresh Salad Bar

Pudding

Victoria Sponge

Pear & Ginger
Upside Down
Cake with Cream

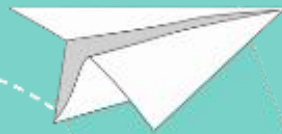
Apple & Berry
Crumble with
Custard

Rock Cake

Homemade
Yoghurt with
Fruit Toppings



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Every Day

Main Event

Jacket Potato with Beef Chilli & Sour Cream

Moroccan Lamb Tagine

Honey Roast Gammon with Pineapple Salsa

Cottage Pie

Meat Feast Pizza

Meat Free

Tuna Mayo Grated Cheese Baked Beans

Pumpkin and sage Risotto

Mushroom & Spinach Tartlet

Red Kidney Bean Kiev

Cheese & Tomato Pizza

And to go with...

Coleslaw Roasted Peppers

Pitta Bread Cous Cous Green Beans

Homemade Bread Roast Potatoes Roast Parsnips

Homemade Bread Savoy Cabbage

Garlic Dough Balls Fruity Coleslaw Sweetcorn

Pudding

Chocolate & Sultana Brownie

Orange & Polenta Cake

Fruit of the Forest Bread & Butter

Cranberry Oaties

Homemade Yoghurt with Fruity Toppings

Fresh Fruit

Fresh Salad Bar



LUNCH



Monday

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Every Day

Main Event

Cheese & Ham Pasta Bake

Stir-fried pork with ginger & honey

British Roast Beef with Yorkshire Pudding

Lamb Rogan Josh with Mango Chutnev

MSC Battered Fish with Homemade Tartar Sauce

Meat Free

Aubergine, Tomato & Cheese Bake

Sweet & Sour Tofu with Vegetables

Cherry Tomato & Basil Quiche

Paneer Tikka & Spiced Vegetables with Minty Yoghurt

Bubble & Squeak

And to go with...

Homemade Garlic Bread
Sweetcorn

Noodles
Prawn Crackers
Sugar Snap Peas

Roast Potatoes
Buttered Leeks

Naan Bread
Steamed Rice
Cumin Carrots

Oven Chips
Homemade Mushy Peas

Pudding

Plum Cake

Fresh Fruit Salad

Chocolate Cake with Chocolate Custard

Strawberry Cheesecake

Homemade Fruit Smoothie

Fresh Fruit

Fresh Salad Bar



