



# What's for Lunch?

## Spring Term 2018

(NB. Our Menus are on a 4 week cycle)

### Week commencing

8 January

15 January

22 January

29 January

5 February

-----Half Term-----

19 February

26 February

5 March

12 March

19 March

26 March

*If you have a food allergy or intolerance and require information about ingredients, please ask a member of our team*



# What's for Lunch?

Week 1 - Weeks commencing 8 January, 5 February and 12 March

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup station	Parsnip and celeriac	Pea and Ham	Butternut and chilli	Classic tomato and basil	Chef's soup of the day
The Main Event	Chicken Dhansak with mango chutney	Chorizo and white bean stew	Traditional honey roast ham with parsley sauce	Build your own burger	Deep fried fillet of white fish with tartare and lemon
Meat Free Zone	Winter ratatouille crumble with chick peas	Pizza Napolitan	Roasted Vegetable Lasagne	Wild Mushroom and spinach wellington	Gnocchi with butternut sauce
<i>Veganuary</i>	<i>Winter ratatouille crumble with chick peas</i>	<i>Pizza napolitan</i>	<i>Vegan vegetable pasta bake</i>	<i>Quinoa &amp; Fresh Cilantro Falafel burger</i>	<i>Gnocchi with butternut</i>
.....and to go with	Turmeric rice Jacket potato Marinated peppers Cauliflower and broccoli	Creamy mash Jacket potato Curly kale Sweetcorn	Herby new potatoes Jacket potato Glazed carrots Green beans	Jacket wedges Jacket potato Corn on the cob BBQ beans	Chipped potatoes Jacket potato Mushy peas Baked beans
The Bistro Bite	Double cheese toastie	Cumberland sausage roll with sweet pickle	Salami, mustard and cheese panini	Chicken drumstick with garlic and paprika	Falafel with rocket served in a bap
Sandwich special	Mozzarella and tomato wrap	Roast beef with horseradish mayo	Mature cheddar, spring onion and apple baguette	Roast Chicken salad	Wholemeal Brie and bacon
Salad Bar	Choose from a selection of freshly prepared salads, toppings and dressings				
Scrummy puds!!	Chocolate flapjack	Blood orange sponge with orange sauce	Toffee cheesecake	Tiramisu	Rocky road
Sweet sensations!	Fresh fruit salad	Chocolate mousse with raspberry coulis	Strawberry pavlova	Banana custard with grated chocolate	Lemon posset
Fruit and yoghurt	A selection of yoghurt, jelly and custard pots will be available daily, along with freshly cut and whole fruit				

*If you have a food allergy or intolerance and require information about ingredients, please ask a member of our team*



# What's for Lunch?

Week 2 - Weeks commencing 15 January, 19 February and 19 March

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup station</b>	Leek and potato Soup	Borscht Soup	Roast Plum Tomato and Olive Soup	Spanish lentil	Chef's soup of the day
<b>The Main Event</b>	Yucatan style Chilli with sour cream and tortillas	Pepperoni pizza with mixed peppers	Chicken and sweetcorn penne	Lamb & Potato Stew with Baby Rosemary Dumplings	Fish of the Day in Batter with Tartare Sauce and Lemon Wedge
<b>Meat Free Zone</b>	Spicy squash and feta frittata	Courgette and pepper moussaka	Sweet potato and white bean chilli nachos	Cauliflower cheese	Halloumi Marinated in Lemon, Parsley and Chilli
<i>Veganuary choice!</i>	<i>Yucatan style vegetarian chilli</i>	<i>Courgette and pepper moussaka</i>	<i>Sweet potato and white bean chilli nachos</i>	<i>Vegan cauliflower cheese</i>	<i>Baked 3 bean burrito with salsa</i>
<b>.....and to go with</b>	Herby rice Jacket Potatoes Garlic green beans Sweetcorn with black eyed beans	Sweet Potato Wedges Jacket Potato Baked beans Courgettes	Garlic bread Jacket Potatoes Glazed carrots Broad Beans with tarragon	Mashed potato Jacket Potato Buttered Leeks Roasted root vegetables	Chipped Potatoes Jacket Potato Garden Peas with Mint Baked Beans
<b>The Bistro Bite</b>	Wholegrain tuna melt	Vegetable pilaff with chick peas	Cumberland sausage baguette	Chicken, pepper and salsa burrito with yogurt	Baked 3 bean burrito with salsa
<b>Sandwich special</b>	Multigrain cheddar ploughmans	Chicken and avocado salad baguette	Bacon, lettuce and tomato bloomer	Wholemeal poached salmon with dill mayo	Cheddar and coleslaw
<b>Salad Bar</b>	Choose from a selection of freshly prepared salads, toppings and dressings				
<b>Scrummy puds!!</b>	Double chocolate brownie	Apple and mixed berry crumble with custard	Chocolate trifle	Canterbury pudding with custard	Red velvet muffin
<b>Sweet sensations!</b>	Cinnamon and apple fool	Strawberry Cheesecake	Creme brulee	Fruit trifle	Fresh fruit salad
<b>Fruit and yoghurt</b>	A selection of yoghurt, jelly and custard pots will be available daily, along with freshly cut and whole fruit				

*If you have a food allergy or intolerance and require information about ingredients, please ask a member of our team*



# What's for Lunch?

Week 3 - Weeks commencing 22 January, 26 February and 26 March

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup station	Lentil soup	Sweet potato soup, red onion and butternut squash soup	Broccoli soup	Cream of chicken soup	Chef's soup of the day
The Main Event	Butchers sausages with thick onion gravy	Chicken katsu	Minced beef lasagne	Cajun Pork steak with salsa and sour cream	Fish of The Day with Tartare Sauce and Lemon Wedge
Meat Free Zone	Baked Flat Mushroom stuffed with crumbed feta, tomato and herb crust	Vegan shepherdess pie	Stuffed red pepper with houmous and minted vegetables	Beetroot and mascapone risotto with crumbed Wensleydale	Quinoa and falafel burger in a floured bap
<i>Vegan choice!</i>	<i>Vegan sausages with onions</i>	<i>Vegan shepherdess pie</i>	<i>Stuffed red pepper with houmous and minted vegetables</i>	<i>Vegan beetroot risotto</i>	<i>Quinoa and falafel burger in a floured bap</i>
.....and to go with	Olive oil mash Jacket Potatoes Green Beans with Garlic Baked beans	Lemongrass and coriander rice Jacket potato Minted peas Vegetable medley	Garlic slice Jacket potato Curly kale Roasted honey carrots	Sweet potato mash Jacket potato Provencale vegetables Broad beans in pesto	Baked Beans Jacket Potatoes Mushy Peas Chipped Potatoes
The Bistro Bite	Fishfinger wrap with mixed leaves and homemade tartare	Vegetable and bean chow mein with bok choy	Three Cheese Quesadillas with Guacamole	Bacon baguette	Chicken, pepper and salsa burrito with yogurt
Sandwich special	Brie and artisan chutney baguette	Gammon salad with whole grain mustard mayonnaise bloomer	Roast turkey, cranberry and rocket rustic granary roll	Pancetta, roasted vegetable and mozzarella wrap	Multigrain Chicken and sweetcorn mayo
Salad Bar	Choose from a selection of freshly prepared salads, toppings and dressings				
Scrummy puds!!	Lemon drizzle cake	Traditional spotted dick and custard	Chocolate and salted caramel brownie	Cinnamon rice pudding with raspberry coulis	Lemon and poppy seed muffin
Sweet sensations!	Toffee mousse with biscuit crumb	Lemon meringue pot	Banana fool with chocolate krispies	Strawberry and summer fruits jelly	Vanilla ice cream with fruit coulis
Fruit and yoghurt	A selection of yoghurt, jelly and custard pots will be available daily, along with freshly cut and whole fruit				

*If you have a food allergy or intolerance and require information about ingredients, please ask a member of our team*



# What's for Lunch?

Week 4 - Weeks commencing 29 January and 5 March

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup station	Leek and Potato Soup	Sweet potato, red onion and butternut squash soup	Tuscan bean and vegetable soup	Spring vegetable soup	Chef's soup of the day
The Main Event	Meatballs with spicy tomato sauce	Braised beef, tomato and onion shortcrust pie with rich jus	Roast Chicken with stuffing and rich gravy	Grilled Lamb, mixed pepper and onion fajita with salsa and sour cream	Catch of the day with homemade tartare and lemon wedge
Meat Free Zone	Quorn and cranberry filo slice	Vegan Pea, butternut squash and rocket risotto	Pastitsio	Green Lentil Moussaka	Halloumi and Med Veg Bake
<i>Veganuary choice!</i>	<i>Vegan meatballs with tomato sauce</i>	<i>Vegan Pea, butternut squash and rocket risotto</i>	<i>Pastitsio topped with vegan chesse</i>	<i>Green Lentil Moussaka</i>	<i>Vegetable and chick pea bake</i>
.....and to go with	Thyme Roasted New Pots Jacket Potatoes Minted garden peas Roasted Butternut with Pumpkin Seeds	Creamed Mash with Parsley Jacket Potatoes Braised Savoy Cabbage Glazed Carrots	Roast potatoes Jacket Potatoes Corn on the Cob Roasted root vegetables	Sun Dried Tomato Foccacia Jacket Potatoes Green Beans with peppers Baked Plum Tomatoes	Chipped Potatoes Jacket Potatoes Baked Beans Minted Peas
The Bistro Bite	Double mushroom and Swiss cheese toastie	Chicken and bacon burger with tomato chutney	Pumpkin & Courgette Patties	Mozzarella, Tomato and Red Pesto Panini	Roast beef and horseradish salad bloomer
Sandwich special	Chicken and guacamole wrap with mixed salad	Ham and gruyere salad baguette	Two cheese and red onion chutney on multigrain	Roast chicken, stuffing, cranberry and crisp leaves	Egg mayonnaise and rocket granary roll
Salad Bar	Choose from a selection of freshly prepared salads, toppings and dressings				
Scrummy puds!!	Pear and blueberry crumble and custard	Dark chocolate sponge with white chocolate sauce	Rice pudding and fruit compote	Apricot Bread and butter pudding and custard	Traditional butter shortbread
Sweet sensations!	Fresh fruit salad pot	Strawberry jelly with vanilla pannacotta	Banoffee ripple pot	Cookies and cream pot	Sweet pot selection
Fruit and yoghurt	A selection of yoghurt, jelly and custard pots will be available daily, along with freshly cut and whole fruit				

*If you have a food allergy or intolerance and require information about ingredients, please ask a member of our team*