



What's for Lunch?

Summer Term 2017/18

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

Week commencing

16 April

23 April

30 April

7 May

14 May

21 May

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

4 June

11 June

18 June

25 June

2 July

9 July

16 July

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



Key
 v = suitable for vegetarians
 p = suitable for vegetarians and vegans

What's for Lunch?

Week 1 - Weeks commencing 16 April, 14 May, 18 June and 16 July

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup station	Pea & Rocket Soup	Chicken Noodle Soup	Spring Vegetable Broth	Roast Butternut Squash	Soup of the day
The Main Event	Yucatan Black Bean Chilli	Moroccan Lamb Tagine	Slow Roast Shoulder of Pork with Homemade Apple Sauce	Build Your Own Chicken & Bacon Burger	Battered Fish with Tartare Sauce & Lemon Wedge
Meat Free Zone	Mixed Bean Chilli	Mac 'n' Cheese with Paprika	Cheese, Leek & Potato Pie	Vegetarian Piccadillo	Butternut Squash & Spinach Frittata
Vegan	<i>Mixed Bean Chilli</i>	<i>Aubergine & Tomato Stack</i>	<i>Leek & Potato Gratin</i>	<i>Vegan Piccadillo</i>	<i>Vegan Sausages with Onions</i>
.....and to go with	Mixed Herb Rice Corn on the Cobb Green Beans Jacket Potatoes	Apricot & Lemon Couscous Sautéed Courgettes Sweet Potato Chunks Jacket Potato	Thyme Roast Potatoes Glazed Carrots Braised White Cabbage Jacket Potatoes	Roast Wedges Sweetcorn & Black Eyed Beans Mixed Salad Leaves Jacket Potatoes	Chipped Potatoes Mushy Peas Baked Beans Jacket Potatoes
The Bistro Bite	Red Leicester & Spring Onion Panini	Hot Dog with Onions & Mustard	Buffalo Chicken Wings	Cheese & Onion Rolls	Toasted Cheese & Sweetcorn Wrap
Salad	Thai Vegetable Salad	Feta & Courgette Tabbouleh	Avocado, Black Eyed Bean & Bacon	Halloumi with Lemony Lentils & Chickpeas	Classic Chicken Caesar Salad
Sandwich special	Ham & Chunky Coleslaw	Pink Salmon & Dill Mayo	Classic Egg Mayo & Cress	Chicken & Avocado	Brie & Pear Chutney
Scrummy puds!!	White Chocolate Mousse	Rainbow Jelly	Toffee, Cream & Ginger Crumb	St Clements Posset	Arctic Roll
Sweet sensations!	Mixed Berry Cobbler with Vanilla Custard	Creamy Vanilla Rice Pudding with Jam	Chocolate & Honeycomb Cheese Cake	Lemon Ripple Tart	Chocolate & Orange Shortbread
Fruit and yoghurt	A selection of yoghurt, jelly and custard pots will be available daily, along with freshly cut and whole fruit				

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Week 2 - Weeks commencing 23 April, 21 May and 25 June

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup station	Roasted red pepper	Minted pea	Moroccan sweet potato	Leek and potato	Chef's soup of the day
The Main Event	Chilli beef with crispy tortillas and cheese	Roast chicken with rich gravy	Butchers sausages with onion gravy	Linguine carbonara	Catch of the day with homemade tartare and lemon wedge
Meat Free Zone	Butternut chilli (p)	Courgette potato cakes with feta (v)	Mixed bean cassoulet (p)	Vegetable curry with lentils and naan(v)	Spanish vegetable frittata
<i>Veganuary choice!</i>	<i>Butternut chilli (p)</i>	<i>Courgette potato cakes with vegan cheese (p)</i>	<i>Mixed bean cassoulet (p)</i>	<i>Vegetable curry with lentils (p)</i>	<i>Baked 3 bean burrito with salsa(p)</i>
.....and to go with	Turmeric savoury rice Jacket potato Green beans with peppers Carrots	Minted new potatoes Jacket potato Sweetcorn with black eye beans Spring greens	Wholegrain mustard mash Jacket potato Baked beans Broccoli florets	Garlic slice Jacket potato Ratatouille Vegetable medley	French fried potatoes Jacket potato Baked beans Garden peas
The Bistro Bite	Pizza Napolitan (v)	Cheese and tomato toastie (v)	Spinach and feta pasties (v)	Scotch egg	Cajun Chicken
Feature salad	Beef tomato and mozzarella	Mexican bean salad with tortillas	Giant cous cous with roasted vegetables	Minted melon, tomato and procuitto	Feta, Fennel and Orange
Sandwich special	Multigrain cheddar ploughmans (v)	Chicken and avocado salad baguette	Bacon, lettuce and tomato bloomer	Wholemeal poached salmon with dill mayo	Cheddar and coleslaw (v)
Scrummy puds!!	Apple and cinnamon crumble with custard	Summer pudding	Cinnamon flapjack	Ginger and orange cake with lime cream	Banana and choc chip muffins
Sweet sensations!	Cinnamon and apple fool (v)	Strawberry Cheesecake (v)	Creme brulee (v)	Fruit trifle	Fresh fruit salad (p)
Fruit and yoghurt	A selection of yoghurt, jelly and custard pots will be available daily, along with freshly cut and whole fruit				

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Week 3 - Weeks commencing 30 April, 4 June and 2 July

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup station	Tomato and basil	Cauliflower Veloute	Field and wild mushroom soup with tarragon	Carrot and Coriander	Vegetable soup
The Main Event	Cajun pork steak with pineapple salsa	Slow Braised Beef Penne in a Tomato Jus with Parmesan	Sticky BBQ chicken leg	Four seasons pizza	Catch of the day with homemade tartare and lemon wedge
Meat Free Zone	Vegemince bolognaise bake (p)	Sweetcorn fritters (v)	Spanish vegetable frittata (v)	Spotted Lentil Moussaka (v)	Vegetarian burger in a bap with onions (p)
<i>Veganuary choice!</i>	<i>Vegemince bolognaise bake(p)</i>	<i>Vegan cheese and tomato French bread pizza (P)</i>	<i>Green Lentil Moussaka(P)</i>	<i>Vegan cheese and tomato pizza</i>	<i>Vegetarian burger in a bap with onions (p)</i>
.....and to go with	New potatoes Jacket potato Sweetcorn with peppers Vegetable Medley	Garlic bread Jacket potato Butternut squash and broccoli florets Green beans	Mashed potatoes Jacket Potatoes Smokey BBQ Beans Corn on the Cob	Garlic and herb wedges Jacket potato	French fried potatoes Jacket potato Baked beans Garden peas
The Bistro Bite	Toasted mature cheddar sandwich	Sausage and sweet pickle wrap (v)	Vegetable chow mein	Deep filled vegetable lasagne with spinach	Empanadas (v)
Feature salad	Sweet potato, green lentil and Feta	Parma Ham, Pear and stilton	Five bean salad	Roasted butternut, pumpkin and rocket	Giant cous cous with sundried tomatoes and peppers
Sandwich special	Ham salad with pear chutney	Avocado, Mozzarella, tomato and basil bloomer	Roast turkey, cranberry and rocket rustic granary roll	Roast lamb and chargrilled aubergine flat bread with minted yogurt	Chicken and sweetcorn mayo wrap
Scrummy puds!!	Chocolate and salted caramel brownie	Lemon drizzle cake	Pear and blueberry crumble with crème fraiche	Traditional shortbread	Classic Rocky Road
Sweet sensations!	Fresh fruit salad	Ice cream sponge roll	Strawberry pavlova	Toffee mousse	Sweet selection
Fruit and yoghurt	A selection of yoghurt, jelly and custard pots will be available daily, along with freshly cut and whole fruit				

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Week 4 - Weeks commencing 7 May, 11 June and 9 July

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup station	Minestone	Traditional carrot and coriander	Chicken and pearl barley	Classic tomato and basil	Chef's soup of the day
The Main Event	Hong Kong style sweet and sour pork	Chicken and tomato risotto	Build your own burger!	Chilli beef Taco with sour cream and salsa	Catch of the day with tartare and lemon wedge
Meat Free Zone	Spinach and feta tart	Stuffed pepper with Hummus and roasted veg (p)	Falafel burger with Lemon Mayo	Deep filled vegetable lasagne (V)	Halloumi and Mediterranean vegetable stack (v)
<i>Vegan choice!</i>	<i>Vegan Cheese & Onion Puffs</i>	<i>Stuffed red pepper with Hummus and roasted veg (p)</i>	<i>Falafel Burger with Tomato Relish</i>	<i>Deep filled vegetable lasagne (p)</i>	<i>Med Veg Stack</i>
.....and to go with	Spicy noodles Jacket potato Sweetcorn Spicy beans	Garlic slice Jacket potato Green beans Provencale vegetables	New potatoes Jacket potato Butternut squash with pumpkin seeds Braised cabbage	Lemon rice Jacket potato Sauteed courgettes Julienne carrots	French fried potatoes Jacket potato Baked beans Garden peas
The Bistro Bite	Vegan Cheese & Onion Puffs	Ham and cheese panini	Spring onion and cous cous fritter with roasted tomato	Pulled pork flatbread with apple sauce and stuffing	Jerk chicken wings
Feature salad	Parma Ham, Pear & Rocket	Bean Tomato and Watercress Salad	Chicken Caesar Salad	Watermelon and Feta Salad	Heritage Beetroot Salad
Sandwich special	Ham salad with pear chutney	Avocado, Mozzarella, tomato and basil bloomer	Roast turkey, cranberry and rocket rustic granary roll	Roast lamb and chargrilled aubergine flat bread with minted yogurt	Chicken and sweetcorn mayo wrap
Scrummy puds!!	Sticky toffee pudding	Double chocolate cookie	Baked apple and crème fraiche	Lemon Cheesecake	Chocolate krispie cake
Sweet sensations!	Strawberries and cream	Ice cream with fruit coulis	Chocolate & Orange Pot	Key Lime Pie Pot	Exotic fruit Salad
Fruit and yoghurt	A selection of yoghurt, jelly and custard pots will be available daily, along with freshly cut and whole fruit				

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