



Lunch	Monday	B Healthy Day Tuesday	RED MEAT FREE DAY Wednesday	B Healthy Day Thursday	Friday
Soup	Traditional Vegetable Broth	Carrot & Coriander	Cream of Celery	Leek & Potato	Traditional Vegetable Broth
From the Café	Daily selection of freshly made Salads and Protein Pots, Hot Panini's, Ciabatta & freshly prepared Sandwiches & Wraps				
Meal of the day £2.05	Meatball Marinara served with Pasta Twists	Grilled Pork Loin with fresh parsley, lime & chilli glaze served with veg & potatoes	Chicken Curry Served with Braised Rice	Stuffed Chicken & Bacon served with veg & potato	Oven Baked Breaded Cod Lemon Mayonnaise served with mushy peas & potatoes
Main Dish only £1.70	Chicken & Leek Pie Topped with Creamed Potato	Spicy Chicken Fajita chicken oven baked in light spices served with lettuce & tomato in a tortilla wrap	Chargrilled Chicken Fillet in a floury bap with chunky coleslaw	Pulled Pork in a tangy BBQ sauce served in ciabatta	Grilled Steak Burger Served in a Floury Bap
Healthy Choice £1.85	Tuna Pasta Bake Flaked tuna in a bechamel sauce with pasta shells & topped with cheese	Roast Vegetable Pasta Bake Roasted vegetables in a cream sauce topped with breadcrumbs	Chilli Chicken Pasta Diced fillet of chicken in a chili tomato sauce with penne pasta	Pasta Italiano Tri colour pasta spirals in a Italian herb sauce	Chicken Tikka Pasta
Snack	Spring Rolls Baked & served with Sweet Chilli Dip	Dressed Chicken Burger served in a bap	Baked Potato Stuffed with Tuna & Red Onion	Fully Loaded Veggie Pizza	Jumbo Sausage Roll
Sides	Baby Boiled Potatoes Garden Peas Baby Carrots	Spicy Chicken Fajita chicken oven baked in light spices served with lettuce & tomato in a tortilla wrap	Mashed Potato Thick Cut Chips Turnip / Peas	Oven Baked Spicy Potato Wedges/ Coleslaw / Creamed Potato Baton Carrots	Mashed Potato Mushy Peas Glazed Carrots Chips
Dessert	Apple Tart & Custard	Rice Pudding & Steamed Fruit	Cornflake Tart & Custard	Iced Jam Sponge & Custard	Chocolate Sponge & Custard

CHILLED DRINKING WATER IS AVAILABLE THROUGHOUT LUNCH SERVICE



Lunch	Monday	B Healthy Day Tuesday	RED MEAT FREE DAY Wednesday	B Healthy Day Thursday	Friday
Soup	Traditional Vegetable Broth	Cream of Carrot & Corriander Soup	Traditional Vegetable Broth	Cream of chicken	Traditional Vegetable Broth
From the Café	Daily selection of freshly made Salads and Protein Pots, Hot Panini's, Ciabatta & freshly prepared Sandwiches & Wraps				
Meal of the Day £2.05	Savoury Chicken Crumble Diced Chicken in a white sauce with a savoury crumble top served with veg & potato	Roast Chicken with Wholemeal Stuffing served with veg & potato	Traditional Chicken Curry served with Saffron Rice	Creamy Peppered Beef Diced lean beef in a creamy peppercorn sauce served with Boiled Rice	Oven Baked Breaded Fish served with veg & potatoes
Main Dish only £1.70	Baked Gammon Steak with Pineapple Ring	Breaded Oven Baked Chicken Goujons Served with a Sweet Chilli Dip	Freshly Breaded Chicken Kiev	Chicken & Ham Pie Diced chicken & baked ham in a white sauce topped with puff pastry	Lasagne au Gratin Lean mince beef with vegetables, layered with sheets of pasta & cheese sauce
Healthy Option £1.85	Macaroni Cheese	Tomato & Basil Pasta Bake with cheesy topping	Tuna Pasta Flaked Tuna In a bechamel Sauce with pasta shells topped with cheese	Pasta Carbonara Tagalattelli tossed in a bacon & cream sauce	Italiano Tri-colour pasta in a ltian herb saucee
Snack of the Day	Sausage Roll Served with Baked Beans	Homemade Scotch Egg	Vegetable spring rolls served with sweetchill sauce	Pizza Slice with various toppings	Dressed Chicken Burger served in bap
Sides	Baby Boiled Potatoes Chipped Potatoes Baked Beans Honey Glazed Carrots	Champ Braised Cabbage Sweet corn	Mashed Potato Garden Peas Mixed Green Salad Baked Herb Diced Potatoes	Creamed Potato Green Beans Carrots Chips	Mashed Potato Creamed potatoes Garden Peas
Dessert	Chocolate Cracknel & Custard	Jam Sponge & Custard	Creamed Rice Pudding with Jam Sauce	Chocolate Cake & Custard	Cornflake Tart & Custard

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Lunch	Monday	B Healthy Day Tuesday	RED MEAT FREE DAY Wednesday	B Healthy Day Thursday	Friday
Soup	Vegetable Soup	Potato & Onion Soup	Cream of Vegetable Soup	Carrot & Coriander	Vegetable Soup
From the Café	Daily selection of freshly made Salads and Protein Pots, Hot Panini's, Ciabatta & freshly prepared Sandwiches & Wraps				
Meal of the day £2.05	Beef Casserole Tender pieces of steak cooked and served in a rich gravy	Homemade Cottage Pie Lean Minced Beef with onion & veg topped with potato served with veg & potato	Spiced Chicken Butterfly fillet of chicken in spices and griddled served with veg & potato	Honey Roast Bacon Loin served with parsley sauce, cabbage & potatoes	Traditional Chicken Curry served with Rice
Main Dish Only £1.70	Chicken Fricassee Diced chicken in onion mushroom & peppers in a white sauce with a savoury crumble top	Honey Baked Ham	Chicken Vol-vent	Beef Bourguignon tender cubes of lean beef in a rice onion & vegetable jus	Baked Fish of the Day served with Lemon
Healthy Choice £1.85	Pasta Italiano	Chilli Chicken Pasta Bake topped with a wholemeal crumble	Pasta Carbonara	Barbecue Chicken Pasta	Sweet Chilli Roasted Vegetables with Soft Noodles
Snack of the day	Chicken Burger Oven Baked and served in a Bap	Spicy Chicken Wrap with sweet chili on side	Spicy Chicken Stir Fry Baked in a Tortilla Wrap	Baked Ham, Onion & Cheese Frittata	Cheese, Tomato Pizza Slice
Sides	Chipped & Creamed Potatoes Braised Rice Broccoli Florets	Baby Boiled Potatoes Sweet corn Sliced Carrots	Mashed Potato Braised Leeks Baked Beans	Champ & Chipped Potatoes Braised Cabbage Honey Roasted Parsnips	Mashed Potato Chunky Chips Garden Peas
Dessert	Syrup Sponge & Custard	Chocolate Cracknel & Custard	Chocolate sponge & Custard	Rice Pudding With Fruit	Cornflake Tart & Custard

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Lunch	Monday	B Healthy Day Tuesday	RED MEAT FREE DAY Wednesday	B Healthy Day Thursday	Friday
Soup	Tomato & Basil Soup	Vegetable Broth	Cream of Vegetable	Carrot Corriander Soup	Vegetable Broth
From the Café	Daily selection of freshly made Salads and Protein Pots, Hot Panini's, Ciabatta & freshly prepared Sandwiches & Wraps				
Meal of the Day £2.05	Chicken & Ham Vol-vent Succulent pieces chicken & ham in a creamy sauce served with veg & potatoes	Beef Casserole Tender pieces of steak cooked and served in a rich gravy Beef Casserole	Tender Loin Of Ham served with Vegetables & Potatoes	Home-made Vienna steak oven baked with root vegetables and onion gravy with creamed potato	Chicken Curry Diced fillet of chicken in a mild curry sauce served with boiled rice
Main Dish only £1.70	Lasagne au Gratin Lean mince beef with vegetables, layered with sheets of pasta & cheese sauce ,	Chicken & Broccoli Bake Tender pieces of chicken & broccoli in a cheese sauce topped with potato	Chicken Tikka Hot Baguette	Chicken Goujon Wrap Oven Baked Served in a Multi Seeded Wrap with Mixed Lettuce Leaves & Tomato	Traditional Fish Breaded and oven baked & served with lemon
Healthy Choice £1.85	Baked Potato Filled with a choice of fillings & tossed salad	Roasted Vegetable& Pasta in tomato & Herb Sauce	Fish Pie Poached Fish in a bechamel sauce topped with sliced potatoes	Cous Cous Salad Cherry tomatoes, red pepper, sultanas tossed in balsamic dressing	Pasta Itallino
Snack	Jumbo Hot Dog with Relish	Chicken Caesar Salad	Spicy potato wedges & Sweet chilli sauce	Chicken Burger Oven baked and served in a bap	Pizza Slice cheese & tomato
Sides	Baby Boiled Potatoes Chipped Potatoes Baked Beans Honey Glazed Carrots	Champ Braised Cabbage Sweet corn	Champ Peas Garden Mixed Green Salad	Creamed Potato Green Beans / Carrots Baked spicy potato wedges	Mashed Potato Chips Mushy Peas
Dessert	Chocolate Cake & Custard	Creamed Rice Pudding & Jam Sauce	Lemon Sponge & Custard	Fruit Crumble & Custard	Chocolate Cake & Custard

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CATERING WEEKLY MENU SCHEDULE 2017-2018

Week Commencing	Weekly Menu	Week Commencing	Weekly Menu	Week Commencing	Weekly Menu
09/10/2017	Week 3 Menu	08/01/2018	Week 1 Menu	09/04/2018	Week 2 Menu
16/10/2017	Week 4 Menu	15/01/2018	Week 2 Menu	16/04/2018	Week 3 Menu
23/10/2017	Week 1 Menu	22/01/2018	Week 3 Menu	23/04/2018	Week 4 Menu
		29/01/2018	Week 4 Menu	30/04/2018	Week 1 Menu
06/11/2017	Week 2 Menu	05/02/2018	Week 1 Menu	07/05/2018	Week 2 Menu
13/11/2017	Week 3 Menu			14/05/2018	Week 3 Menu
20/11/2017	Week 4 Menu	19/02/2018	Week 3 Menu	21/05/2018	Week 4 Menu
27/11/2017	Week 1 Menu	26/02/2018	Week 4 Menu	28/05/2018	Week 1 Menu
04/12/2017	Week 2 Menu	05/03/2018	Week 1 Menu	04/06/2018	Week 2 Menu
11/12/2017	Week 3 Menu	12/03/2018	Week 2 Menu	11/06/2018	Week 3 Menu
18/12/2017	Week 4 Menu	19/03/2018	Week 3 Menu	18/06/2018	Week 4 Menu
		26/03/2018	Week 4 Menu		