



Week 1 Lunch Menu 2023

Week Beginning:

16th October, 13th November, 4th December, 8th January, 29th January, 26th February, 18th March



Monday

Deep South

Tuesday

Italian

Wednesday

Traditional Roast

Thursday

International Day

Friday

Fish'n'Chips

Main

Philly Cheese
Steak or Cajun
Chicken Flatbread

Spaghetti Bolognese

Roast Chicken

Jerk Chicken
and Jollof Rice

Oven Baked Fish

Vegetarian Main

The Best Chick Pea
Burger

Vegetarian
Pasta Bake

Quorn Roast

Jerk Fish
and Jollof Rice

Margherita Pizza

On the side

Half Jackets
Corn

Garlic Bread
Seasonal Salad

Potatoes, Stuffing
Broccoli & Sweetcorn

Mixed Veg

Chips
Peas / Beans

Dips

BBQ Sauce/
Coleslaw

Mayo / Dressing

Gravy /
Cranberry Sauce

Chilli Salsa
Coleslaw

Ketchup /
Tartare Sauce

Dessert

Chocolate Brownie
or Ice Cream

Cookie

Chocolate Cake
with Custard

Apple Pie
with Custard

Ice Cream / Sorbet

Pasta King

Meat and Veggie Sauce
Option Available

Meat and Veggie Sauce
Option Available

Meat and Veggie Sauce
Option Available

Meat and Veggie Sauce
Option Available

Meat and Veggie Sauce
Option Available

Daily Options

Jacket Potato & two toppings / Mixed Salad Bar / Organic Yoghurts / Deli Grab & Go range includes:
Sandwiches, Baguettes, Wraps

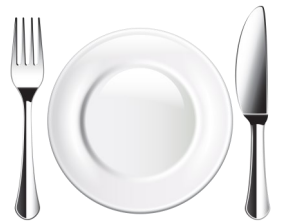




Week 2 Lunch Menu 2023

Week Beginning:

23rd October, 20th November, 11th December, 15th January, 5th February, 4th March, 25th March



	Monday North American	Tuesday Indian	Wednesday Traditional Roast	Thursday International Day	Friday Fish'n'Chips
Main	Beef Burger	Chicken Curry	Beef Roast Dinner	Teriyaki chicken	Fish Finger Gyros
Vegetarian Main	Quorn Burger	Vegetable Biryani	Quorn Roast	Crispy Tempeh Noodles	Margherita Pizza
On the side	Potato Wedges Corn on the Cob	Naan Bread Saag Aloo	Potatoes, Stuffing Broccoli & Sweetcorn	Soy Vegetables Asian Slaw	Chips Peas / Beans
Dips	Coleslaw / Ketchup / BBQ Sauce	Chutney Raita	Gravy / Horseradish	Soy Sauce/Chilli Sauce	Ketchup / Tartare Sauce
Dessert	Chocolate Brownie or Ice Cream	Cookie	Vanilla Sponge Cake with Custard	Apple Pie with Custard	Ice Cream / Sorbet
Pasta King	Meat and Veggie Sauce Option Available	Meat and Veggie Sauce Option Available	Meat and Veggie Sauce Option Available	Meat and Veggie Sauce Option Available	Meat and Veggie Sauce Option Available
Daily Options	Jacket Potato & two toppings / Mixed Salad Bar / Organic Yoghurts / Deli Grab & Go range includes: Sandwiches, Baguettes, Wraps				





Week 3 Lunch Menu 2023

Week Beginning:

6th November, 27th November, 18th December,
22nd January, 19th February, 11th March



Monday

Original

Tuesday

Mexican

Wednesday

Traditional Roast

Thursday

International Day

Friday

Fish'n'Chips

Main

Piri Piri Chicken
Thigh Burger

Chilli Con Carne

Roast Chicken

Chicken Shawarma

Oven Baked Fish

Vegetarian
Main

Veggie Burger

Quorn Chilli Con
Carne

Quorn Roast

Quorn Shawarma

Margherita Pizza

On the side

Wedges
Sweetcorn

Rice
Roasted Vegetables
Ratatouille

Potatoes, Stuffing
Broccoli & Sweetcorn

Couscous
Grilled Veg
Pickled Cabbage

Chips
Peas / Beans

Dips

BBQ Sauce

Salsa

Gravy /
Mint Sauce

Garlic Sauce /
Tzatziki (Cacik)

Ketchup /
Tartare Sauce

Dessert

Chocolate Brownie
or Ice Cream

Cookie

Vanilla Sponge Cake
with Custard

Apple Pie
with Custard

Ice Cream or Sorbet

Pasta King

Meat and Veggie Sauce
Option Available

Meat and Veggie Sauce
Option Available

Meat and Veggie Sauce
Option Available

Meat and Veggie Sauce
Option Available

Meat and Veggie Sauce
Option Available

Daily Options

Jacket Potato & two toppings / Mixed Salad Bar / Organic Yoghurts / Deli Grab & Go range includes:
Sandwiches, Baguettes, Wraps

