

# Sample Lunch Menu

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
SOUP & BREAD	Selection of home-baked breads, toppings & accompaniments							
	Mushroom	Tomato	Butternut squash	Winter vegetable	Minestrone	Leek & potato	Fruit smoothies  Grilled bacon Oven baked sausages Grilled tomatoes Baked beans Mushrooms Hash browns Fried eggs  Porridge bar Cereal bar Toast & spreads Yoghurt & fruit salad Cut & whole fruit	
MAIN MEAL	Ham & vegetable pie	Classic lasagne	Roast pork with gravy & apple sauce	Sweet & sour turkey with prawn crackers	Battered fish with lemon & tartare sauce	Chicken Korma		
VEGETARIAN	Root vegetable & Quorn hot pot	Autumn vegetable lasagne	Roasted vegetable frittata	Sweet & sour vegetables	Veggie bean burger	Vegetable butterbean Balti		
MAIN MEAL	Herb fishcakes	Tikka marinated chicken on Bombay potatoes	Chilli beef nachos with sour cream	Ham hock with roasted new potatoes, puy lentils & green beans	Grilled chicken burger	Tomato & vegetable pasta bake		
THE FAVOURITES	Tomato & mixed pasta bake	Vegetable Chow - mein		Cowboy hot pot		Brown rice Mini poppadum's		
ON THE SIDE	New Potatoes Carrots Garden peas Jacket potatoes	Garlic bread Green beans Sweetcorn Jacket potatoes	Roast potatoes Cauliflower cheese Savoy cabbage Jacket potatoes	Noodles Stir fried vegetables Jacket potatoes	Chips Peas Baked beans	Bread Sweetcorn		
HOT DESSERT	Jam sponge with custard	Sticky toffee pudding with toffee sauce	Rice pudding with berry compote	Cherry & apple pie with cream	Chocolate sponge with chocolate sauce	Chefs homemade cakes		
COLD DESSERT	Raspberry jelly	Chocolate mousse	Banoffee Pie	Queens mess	Lemon cheese cake			
FRUIT & YOGHURT BAR	Fruit salad pots & a selection of seasonal fresh fruit Daily selection of homemade yoghurt, fruit jelly & cold dessert pots							