

Lunch Menu

WEEK ONE	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN COURSE ONE	Bolognese wholemeal pasta bake served with garlic bread, house salad	Lebanese Bar - Lebanese Chicken Shawarma, Marinated Chicken Thigh served with salad & potato wedges, chipotle sauce	Turkey A La King - Tender chunks of turkey Breast cooked with sautéed onion, carrots, mushrooms, celery coated in a white sauce served with rice	Chinese Bar Chicken Stir Fry Served with rice or noodles & prawn crackers or mini spring rolls	Sherfield Chip Shop Friday MSC Fish, Breaded cod fish fingers, Breaded cod fillet
VEGETARIAN	Vegetable & Quorn Bolognese served with spaghetti & garlic bread	Lemon & asparagus risotto served with crusty bread	Gnocchi - potato dumplings served in a rich tomato & basil sauce with mozzarella cheese	Quorn & Mushroom Chow Mein	Macaroni Cheese with herb breadcrumbs,
GLUTEN AND DAIRY FREE	Gluten Free Pasta Bake	Lemon & Asparagus Risotto served with Crusty Bread	Turkey spring Stew served with rice	Chicken Stir Fry & Rice	Plain Roasted Fish Fish
HOT OR COLD DESSERT	Traditional Flapjack	Chocolate Brownie	Jam & Coconut Cake	Iced Vanilla Sponge	Jam Doughnuts
EVERYDAY					
Homemade Soup of the Day Served with Freshly Made Bread Extensive Salad Bar Jacket Potatoes with Baked Beans & Grated Mature Cheddar and a Daily Hot Filling Fresh Cut and Whole Fruits Natural Homemade Yoghurt and Compote					

Week 1

Lunch Menu

WEEK TWO

Monday

Tuesday

Wednesday

Thursday

Friday

MAIN COURSE ONE

Butchers Pork Sausages,
Halal Chicken Sausage &
Crushed New Potatoes Mash,
Gravy

Bunny chow - flavourful
South African Beef made
with aromatic spices, meat,
chickpeas and potatoes

Homemade Beef Mince Lasagne
served with Garlic Bread &
House Salad

Greek chicken gyros, spiced
chicken with yoghurt served
on pita bread with salad &
homemade wedges

Sherfield Chip Shop Friday
MSC Fish, Breaded cod Fish fingers,
Breaded cod Fillet

VEGETARIAN

Vegetarian / Vegan Sausages
& Crushed New Potato, Gravy

Spring Vegetable Frittata

Vegetable Lasagne served with
garlic Bread & House Salad

Spanakopita, (Greek Spinach
Pie) with Filo Pastry

Plain & Beetroot Falafel served in a
Flat Bread with pickled salad & mint
yoghurt, chips

GLUTEN AND DAIRY
FREE

Butchers Pork Sausages,
Halal Chicken Sausage &
Crushed New Potato's Mash,
Gravy

Bunny chow - flavourful
South African Beef made
with aromatic spices, meat,
chickpeas and potatoes

Gluten Free Pasta With
Bolognese Sauce

Chicken Gyro, spiced chicken
salad & Homemade wedges

Seasonal Sustainable Fish from the
Market

HOT OR COLD DESSERT

Pineapple upside down cake

Chocolate ganache sponge

Cookies

Rocky Road

Ice cream pots and jelly

EVERYDAY

Homemade Soup of the Day Served with Freshly Made Bread
Extensive Salad Bar

Jacket Potatoes with Baked Beans & Grated Mature Cheddar and a Daily Hot Filling
Fresh Cut and Whole Fruits
Natural Homemade Yoghurt and Compote

Week 2

Lunch Menu

WEEK THREE

Monday

Tuesday

Wednesday

Thursday

Friday

MAIN COURSE ONE

Chicken thigh served with mushroom & Tarragon Sauce

Beef Meat Balls in tomato sauce with Roasted vegetables & Mozzarella cheese, Fresh Basil

Authentic Hungarian Goulash (Gulyás) tender pieces of diced Beef slowly cooked with peppers, onions, carrots, Garlic

Indian Bar Mild Chicken Tikka Masala served with rice & naan Bread

Sherfield Chip Shop Friday MSC Fish, Breaded cod fish fingers, Breaded cod Fillet

VEGETARIAN

Quorn steak, served with lentils, Red Onion, Mushroom sauce

Vegan meat balls served in tomato sauce

Mushroom Stroganoff

Vegetable & lentil Dhansak served with Rice & naan Bread

Plant based & Vegan Vegetable Garden Burger served in a sour dough Bap & Salad

GLUTEN AND DAIRY FREE

Pork Steak served with crushed new potatoes, & Seasonal Vegetables

Beef Meat Balls in tomato sauce with Roasted vegetables & fresh basil

Gluten free pasta & sauce

Chicken Korma

Seasonal Sustainable Fish from the Market

HOT OR COLD DESSERT

Lemon Drizzle Cake

Black cherry sponge

Chocolate & orange Cake

Sticky toffee pudding cake

Vegan Muffins

EVERYDAY

Homemade Soup of the Day Served with Freshly Made Bread
Extensive Salad Bar

Jacket Potatoes with Baked Beans & Grated Mature Cheddar and a Daily Hot Filling
Fresh Cut and Whole Fruits
Natural Homemade Yoghurt and Compote

Week 3