

Lunch Menu

WEEK ONE	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN COURSE ONE	British Pie Bar Homemade chicken & leek pie with shortcrust pastry Beef & Mushroom Pie (GF and DF option)	Lebanese Bar Lebanese Chicken Shawarma (GF and DF)	Mexican Bar Beef chilli con carne (GF and DF)	Chinese Bar Hoisin Chicken Noodle Stir Fry (GF and DF option)	Sherfield Chip Shop Friday MSC Fish (GF and DF option - Plain Roasted Fish)
MAIN COURSE TWO	Squash, Spinach and Lentil Pie (V)	Gluten Free, Butternut Squash & Spinach Tart with Cheddar Cheese (V and GF)	Three Bean Chilli (V)	Quorn & Mushroom Chow Mein (V)	Macaroni Cheese with herb breadcrumbs (V)
ON THE SIDE	Crushed New Potatoes Trimmed French Green Beans Carrots Gravy	House Salad Seasoned Wedges Paprika Steamed Corn Chipotle Sauce	Rice Nachos Sour Cream Salsa	Rice Prawn Crackers Mini Spring Rolls	Chunky Chips Garden Peas Baked Beans Chip Shop Curry Sauce Homemade Tartar Sauce Lemon Wedge & Pickles
HOT OR COLD DESSERT	Chocolate Brownie	Flapjack	Iced Vanilla sponge	Carrot Cake	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 and
Halal Chicken Sausages
(GF and DF)

Homemade Beef Mince
Lasagne
(GF and DF option - GF Pasta
with Bolognese Sauce)

Street Food Wrap Bar
Mexican Chicken Wraps filled
with marinated chicken strips
onions & peppers
(GF and DF option)

French Bar
Beef Bourguignon - rich
braised beef diced chuck
with carrots, baby onions
and mushrooms
(GF and DF)

Sherfield Chip Shop Friday
MSC Fish
(GF and DF option - Seasonal
Sustainable Fish from the Market)

MAIN COURSE TWO

Vegetarian/Vegan Sausages
(V)

Vegetable Lasagne (V)

Vegetable Chilli Bean Wrap(V)

French Onion Tart (V)

Plain & Beetroot Falafel served in a
Flatbread with pickled salad and Mint
yoghurt V)

ON THE SIDE

Crushed New Potatos
Gravy
Broccoli
Carrots

Salad
Green Beans
Coleslaw
Garlic Bread

Lime & Chilli Marinated
Sweetcorn
Seasoned Tortilla Chips
Sour Cream
Salsa
Guacamole

Roasted New Potatoes
Broccoli

Chunky Chips
Garden Peas
Baked Beans

HOT OR COLD DESSERT

Blondie

Chocolate Cornflake Bar

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

Louisiana Turkey & Chorizo Jambalaya - Cajun spiced marinated turkey cooked in chicken stock with tomatoes, rice, peppers (GF and DF option)

Beef Meatballs in tomato sauce with roasted vegetables and mozzarella cheese with fresh basil (GF and DF)

Sausage Meat Wellington (GF and DF)

Indian Bar Mild Chicken Korma (GF and DF)

Sherfield Chip Shop Friday MSC Fish (GF and DF option - Seasonal Sustainable Fish from the Market)

MAIN COURSE TWO

Root Vegetable & Kale Risotto served with Crusty Bread (V)

Gnocchi - potato dumplings cooked in tomato basil sauce served with fresh parmesan cheese (V)

Quorn & Vegetable Spaghetti Bolognese (V) and Gluten Free Pasta with Pasta Sauce (GF and DF)

Vegetable Dhal(V)

Spicy Mixed Bean Burger (V)

ON THE SIDE

Roast Potatoes with smoked paprika Sweetcorn & Kale Sour Cream

Spaghetti Focaccia Bread Cauliflower & Broccoli

Onion Chutney Buttered New Potatoes Sautéed Savoy Cabbage Baton Carrots Gravy

Rice Naan Bread Poppadums and Sambols Samosa

Chunky Chips Garden Peas Baked Beans Chip Shop Curry Sauce Homemade Tartar Sauce Lemon Wedge & Pickles

HOT OR COLD DESSERT

Jam Sponge

Mixed Fruit Crumble and Custard

Chocolate Sponge

Rice Crispy Cakes

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