

Lunch Menu

WEEK ONE	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN COURSE ONE MEAT FREE MONDAYS	Vegetable Lasagna or Vegan Bean Chilli & wholegrain rice (GF and DF option available)	Greek Turkey Meatballs in tomato sauce with Aubergine served with Whole-wheat Pasta (GF and DF option available)	Garlic & Herb Marinated Chicken Thigh served with Roast potatoes & Seasonal vegetables (GF and DF option)	Chicken Madras Served with whole grain Rice (GF and DF option available) Chicken Option Available for Halal	Sherfield Chip Shop Friday MSC Fish Breaded Cod Fillet Fish Finger G/F fish Finger (GF and DF option - Plain Grilled Fish) Poached Salmon Risotto
MAIN COURSE TWO	Vegan Enchiladas (V)	Beetroot & Squash Wellington with kale Pesto Plant based/Vegan (V)	Vegan Paella cooked with Wholegrain rice Vegan (V) Gluten Free	Vegan Jackfruit Massaman Curry(V)	Cheddar & Broccoli Quiche (V)
ON THE SIDE	Focaccia Bread Trimmed French Green Beans Corn on the cob	New Potatoes Carrots & Peas	Roasted New Potatoes Spring Greens swede Roast Potatoes Gravy	Wholegrain Rice Naan Bread Mint Yoghurt Sautéed spinach & sweet Potato	Chunky Chips Garden Peas Baked Beans Chip Shop Curry Sauce Homemade Tartar Sauce Lemon Wedge & Pickles
HOT OR COLD DESSERT	Jelly, fresh fruit, homemade yoghurt, fruit topping	Traditional Gluten Free Flapjack	Jelly, fresh fruit, homemade yoghurt, fruit topping	Chocolate & Beetroot Brownie	Ice Cream Tubs
EVERYDAY Homemade Soup of the Day Served with Freshly Made Bread Extensive Salad Bar Grab & Go Bar (see daily Menus) Jacket Potatoes with Baked Beans & Grated Mature Cheddar, Tuna Mayo (Vegan Mayo only Tuesdays, Thursday) 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
MEAT FREE MONDAYS

Cauliflower & Broccoli Cheese
Or
Macaroni Cheese, served with
Rosemary Foccica (V)

Sausages
A selection of butchers' sausage, served with crushed new potatoes, Gravy (GF and DF option Available)

Homemade Minced Chicken lasagna
(GF and DF option available)
Halal

Spanish Chicken with, olives, Smoked paprika vegetables cooked in a rich tomato passata sauce
(GF and DF option available)

Sherfield Chip Shop Friday
MSC Fish
Breaded Cod Fillet
Fish Finger
G/F fish Finger
(GF and DF option - Plain Grilled Fish (Mackerel))

MAIN COURSE TWO

Plant Based Spiced Aloo Gobi
Tray Bake, Naan Bread
(V) Vegan G/F

Plant based Vegetarian Sausages
(V) (Vegan)

Falafel served in a whole meal Pita Bread with Mint yoghurt & Salad
(V)

Vegan Moussaka
(V)(Vegan)

Wild Mushroom Risotto with Truffle Oil (V)

ON THE SIDE

Sweetcorn
Broccoli
Foccica Bread

Crushed New Potatoes
Carrots & Peas
Gravy

Green Beans
Roasted Squash

Potato wedges
Carrots
Cauliflower

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

HOT OR COLD DESSERT

Jelly, fresh fruit, homemade yoghurt, fruit topping

Rocky Road
(V)

Jelly, fresh fruit, homemade yoghurt, fruit topping

Sticky Toffee Pudding Cake

Ice Lollies
Organic Berry
or
Organic Apple

EVERYDAY

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

Grab & Go Bar (see daily Menus)

Jacket Potatoes with Baked Beans & Grated Mature Cheddar, Tuna Mayo (Vegan Mayo only Tuesdays, Thursday) 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
MEAT FREE MONDAYS

Pasta Bar
Mushroom & Tarragon Sauce
Tomato & Basil
Plant-based Mince Bolognaise
Sauce
served with Wholemeal pasta &
Parmesan cheese, Foccacia bread
& Green Beans

Bacon Chop served with
Mushroom & Spinach Sauce
(chicken Available for Halal)
(Gluten Free without sauce)

Minced Chicken Chilli con carne
served with wholegrain rice &
Nachos , Sour cream & Salsa,
Guacamole
(Gluten Free)

Sweet & Sour Pork served with
Noodles
(GF and DF option available)

Sherfield Chip Shop Friday
MSC Fish
Breaded Cod Fillet
Fish Finger
G/F fish Finger
(GF and DF option - Plain Grilled
Fish)
Homemade salmon fishcakes

MAIN COURSE TWO

Asparagus & Pea Risotto served
with Foccacia Bread
& Green Beans
(V)

Stuffed Field Mushrooms with
Cajun Vegetables
(V) Vegan G/F

Brie & Cherry Vine Tomato
Frittata served with House Slaw
& Salad
(V) Vegan

Black bean Vegetable Stir-Fry
(V) Vegan (G/F

Gluten free/Vegan Garden
Vegetable Burger served in a
Sour Dough Bap with Salad &
Fries(V)

ON THE SIDE

Foccacia Bread
Green Beans

Rosemary & Thyme Roasted New
Potatoes
Savoy cabbage

Rice
Nachos
Sour cream & Salsa

Prawn Crackers
Spring Rolls
Garlic & Ginger Broccoli

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

HOT OR COLD DESSERT

Jelly, fresh fruit, homemade
yoghurt, fruit topping

Party Cake
Vanilla Sponge with icing &
Hundreds & Thousands

Jelly, fresh fruit, homemade
yoghurt, fruit topping

Marble cake with Icing
Chocolate & Vanilla Marble
sponge

Ice Cream Tubs

EVERYDAY

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

Grab & Go Bar (see daily Menus)

Jacket Potatoes with Baked Beans & Grated Mature Cheddar, Tuna Mayo (Vegan Mayo only Tuesdays, Thursday) and
a Daily Hot Filling

Fresh Cut and Whole Fruits
Natural Homemade Yoghurt and Compote

Week 3