

# Lunch Menu Cycle - Week 1

A selection of seasonal vegetables and mixed salad, served daily with any main meal.

Monday	Tuesday	Wednesday	Thursday	Friday
<div>FIRECRACKER CHICKEN DRUMSTICKS</div> <div>Fresh halal chicken firecracker chicken drumsticks cooked and finished in the oven.</div>	<div>BEEF MEATBALLS IN TOMATO SAUCE</div> <div>Fresh minced beef seasoned with herbs and spices rolled into meatballs then cooked and served in a tomato herb sauce.</div>	<div>BEEF DONNA KEBAB</div> <div>Fresh halal beef mince combined with herbs &amp; spices to make a delicious kebab served with salad and flatbread or wrap.</div>	<div>SWEET CHILLI CHICKEN SKEWERS</div> <div>Fresh halal chicken marinated and cooked with peppers and onions and finished with a sweet chilli sauce.</div>	<div>HOMEMADE BATTERED FISH</div> <div>Fish fillets coated in a homemade batter and fried served with chips or salt &amp; pepper chips.</div>
OR				
<div>SAUSAGE CASSOULET</div> <div>Fresh halal sausage enveloped with herbs in a tomato and mixed bean casserole</div>	<div>CHICKEN FAJITA</div> <div>Fresh halal chicken cooked in Cajun spice with onions &amp; peppers served in a tortilla wrap or flatbread.</div>	<div>PRAWN CURRY</div> <div>Delicious cutter prawns cooked with Indian spices alongside peppers &amp; onions in delicious curry sauce served with rice.</div>	<div>BEEF HOT POT</div> <div>Fresh halal mince beef cooked and combined with onions, carrots, celery, leeks and herbs in gravy then topped with sliced potatoes finished in the oven.</div>	<div>CHICKEN BURGER</div>
			OR	
			<div>BEEF BURGER</div>	
VEGETARIAN OPTION				
<div>POTATO CHICKPEA CURRY</div> <div>Fresh vegetables, potatoes and chickpeas combined with herbs and spices slow cooked to make a delicious curry served with rice.</div>	<div>VEGETABLE STEW</div> <div>Fresh vegetables slow cooked in a rich tomato sauce to make a delicious stew.</div>	<div>SWEET &amp; SOUR VEGETABLES</div> <div>Fresh vegetables cooked and served with a beautiful sweet &amp; sour sauce.</div>	<div>VEGETABLE BURRITO</div> <div>Fresh vegetables cooked with herbs, Mexican spices and chopped tomatoes placed into a wrap covered with sauce and cheese and finished in the oven.</div>	<div>VEGETARIAN BURGER</div> <div>Fresh vegetables combined together and coated in breadcrumbs.</div> <div>NOT VEGAN</div>

## DAILY ALTERNATIVES

A selection of sandwiches, wraps, hot and cold snacks and jacket potatoes

## DESSERT

A selection of home baked goods: biscuits and cakes.

A selection of fresh fruit or fruit pots.





## Lunch Menu Cycle- Week 2

A selection of seasonal vegetables and mixed salad, served daily with any main meal.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>MAPLE CHILLI CHICKEN SKEWERS</b>  Fresh halal chicken maple chilli skewers cooked and served with pitta or flatbread.	<b>CHICKEN PIZZAIOLA</b>  Fresh breaded chicken topped with herbs and pizza sauce and cheese finished in the oven.	<b>BUFFALO CHICKEN WINGS</b>  Fresh halal chicken wings cooked and served in a hot buffalo sauce.	<b>SALT &amp; PEPPER CHICKEN</b>  Fresh halal chicken cooked and combined with onions and peppers and salt & pepper seasoning.	<b>HOMEMADE BATTERED FISH</b>  Fish fillets coated in a homemade batter and fried served with chips or salt & pepper chips.
OR				
<b>BEEF CHILLI CON CARNE</b>  Fresh halal minced beef cooked with onion, peppers, carrots, herbs, spices and mixed with kidney beans. Served with rice.	<b>SALMON GREEN PEPPER &amp; BLACK BEAN SAUCE</b>  Fresh salmon cooked and combined with onions and peppers, enveloped in a black bean sauce served with rice.	<b>COTTAGE PIE</b>  Fresh halal mince beef cooked with onions, carrots, garlic and herbs topped with fluffy mash potato and finished in the oven.	<b>SAUSAGE &amp; MASH</b>  Fresh halal jumbo sausage cooked in the oven. Then combined with onion gravy and mash potato.	<b>CHICKEN BURGER</b>
				OR
				<b>BEEF BURGER</b>
VEGETARIAN OPTION				
<b>SPICY TOMATO PASTA BAKE</b>  Fresh pasta cooked and mixed with a spicy tomato sauce topped with cheese and baked in the oven.	<b>QUORN &amp; VEGETABLE CHOW MIEN</b>  Fresh vegetables and Quorn stir fried and served with egg noodles in a delicious chow mien sauce.	<b>RISOTTO</b>  Risotto rice and vegetables cooked and combined with tom puree, garlic and herbs.	<b>QUORN VEGAN BITES AND MASH</b>  Quorn bites cooked and served alongside a vegan onion gravy and mash.	<b>VEGETARIAN BURGER</b>  Fresh vegetables combined together and coated in breadcrumbs.  <b>NOT VEGAN</b>

### DAILY ALTERNATIVES

A selection of sandwiches, wraps, hot and cold snacks and jacket potatoes

### DESSERT

A selection of home baked goods: biscuits and cakes.

A selection of fresh fruit or fruit pots.







## Lunch Menu Cycle- Week 3

A selection of seasonal vegetables and mixed salad, served daily with any main meal.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>SOUTHERN FRIED CHICKEN WRAP</b>  Fresh halal chicken cooked and served with a tortilla wrap and sauce.	<b>CHICKEN BURRITO</b>  Fresh halal chicken cooked with Cajun spice, herbs and tomatoes with onions and peppers then topped with cheese and finished in the oven.	<b>SPICY CHICKEN BLACK BEAN &amp; GREEN PEPPER</b>  Fresh halal chicken cooked with onions and peppers and served in a delicious spicy black bean sauce.	<b>BEEF LASAGNE</b>  Fresh halal mince beef cooked with onions, peppers, tomatoes and herbs Topped with a white sauce and cheese and finished in the oven.	<b>HOMEMADE BATTERED FISH</b>  Fish fillets coated in a homemade batter and fried served with chips or salt & pepper chips.
OR				
<b>FISH CAKE AND CURRY SAUCE</b>  Delicious fishcake cooked and served alongside chip shop curry sauce.	<b>BEEF BOLOGNAISE</b>  Fresh halal mince beef cooked with onion, carrots, peppers, herbs and spices in a tomato sauce served with pasta.	<b>FRENCH BEEF PIE</b>  Fresh halal minced beef cooked with onion herbs and combined with gravy topped with a pie lid.	<b>CHINESE CHICKEN CURRY</b>  Fresh halal chicken marinated with Indian spices combined with onions and peppers thenseasoned and served with rice.	<b>CHICKEN BURGER</b>
				OR
				<b>BEEF BURGER</b>
VEGETARIAN OPTION				
<b>QUORN BOLOGNAISE</b>  Quorn mince cooked with onion, carrots, peppers, herbs and spices in a tomato sauce served with pasta.	<b>SALMON RICE &amp; VEGETABLES</b>  Salmon fillets cooked with herbs, rice and fresh vegetables.	<b>VEGETABLE LASAGNE</b>  Fresh vegetables cooked with tomatoes and herbs topped with a white sauce and cheese and finished in the oven.	<b>CAJUN MAC AND CHEESE</b>  Fresh pasta cooked and combined with a Cajun macaroni cheese sauce finished in the oven.	<b>VEGETARIAN BURGER</b>  Fresh vegetables combined together and coated in breadcrumbs.  <b>NOT VEGAN</b>

### DAILY ALTERNATIVES

A selection of sandwiches, wraps, hot and cold snacks and jacket potatoes

### DESSERT

A selection of home baked goods: biscuits and cakes.

A selection of fresh fruit or fruit pots.

