

# Lunch

Week Three September to December

|         | Monday  | Tuesday  | Wednesday   | Thursday   | Friday  |
|---------|---|--|---|--|---|
| Mains   | Sausages in Onion Gravy<br>Quorn Toad in the Hole       | Hoi Sin Pork<br>Thai Vegetable Stir-fry                            | Mexican Spiced Chicken<br>Falafel & Mint Yoghurt Wrap with Hummus | Minced Beef & Onion Pie<br>Vegan Sausage Casserole           | BBQ Chicken Thigh<br>Vegetarian Sausage Roll  |
| Sides   | Mashed Potatoes<br>Roast Root Vegetables<br>Garden Peas | Lime & Coriander Rice<br>Vegetable Spring Rolls<br>Stir-fry Greens | Mini Flatbread<br>Roast Sweetcorn<br>Sour Cream & Salsa           | Roast Potatoes<br>Braised Red Cabbage<br>Cumin Roast Carrots | Chips, Coleslaw<br>House Salad<br>Baked Beans |
| Salad   | Tossed Salad  | Tossed Salad   | Tossed Salad  | Tossed Salad   | Tossed Salad                                  |
| Dessert | Jam Sponge & Custard                                    | Banana & Caramel Tray-bake   | Chocolate Bread & Butter Pudding with Custard                     | Apple Treacle Tart with Cream                                | White Chocolate & Raspberry Blondie           |

## Chilled Goods

Sandwiches, Baguettes,  
Pasta Pots, Drinks, Jelly  
& Mousse Pots

## Jacket Potato Bar

Jacket Potatoes with  
Beans, Cheese & Salad

## Baked Goods

Cookies, Flapjack,  
Muffins, Shortbread,  
Doughnuts

## Fruit Bar

A selection of Fresh  
Fruit & Fruit Salad Pots