

SAMPLE Lunch Menu A

	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Main</u> £2.00	Pork Sausage & mash with gravy, sweetcorn, and carrots	Beef Bolognese with penne pasta, garlic slice & salad pot	Roast pork with mini roast potatoes, stuffing, cauliflower and carrots	Chicken tikka masala served with rice, mini naan, mini poppadums & Asian salad	Breaded Fish Fingers with garden peas & chips
<u>Vegetarian Main</u> £2.00	Veggie Sausage & mash with vegetable gravy, sweetcorn & carrots	Penne pasta in homemade tomato sauce with a garlic slice & salad	Cauliflower & broccoli cheese with roast potatoes & green beans	Quorn tikka masala served with rice, mini naan, mini poppadums & crunchy Asian salad	Fishless fingers with garden peas & chips
<u>Hot Snack</u> £1.50	BBQ pasta pot	Jacket potato with 1 topper Salad garnish (optional)	Cherry tomato pasta pot	Jacket potato with 1 topper Salad garnish (optional)	Chicken & chorizo pasta pot
<u>Hot sandwich</u> £2.00	Sausage baguette or Veggie sausage baguette	BBQ chicken baguette	Roast pork bap	Chicken & bacon baguette	Fish finger bap with salad and tartare
<u>Cold Baguette</u> £2.00	Plain chicken mayo baguette	Plain egg mayo baguette	Plain cheese baguette	Plain tuna mayo baguette	Plain ham baguette
<u>Garden Salad Pot</u> £1.50 With 1 topper £2.00	Mixed leaves, grated carrot, cherry tomatoes, cucumber & sliced peppers	Mixed leaves, grated carrot, cherry tomatoes, cucumber & sliced peppers	Mixed leaves, grated carrot, cherry tomatoes, cucumber & sliced peppers	Mixed leaves, grated carrot, cherry tomatoes, cucumber & sliced peppers	Mixed leaves, grated carrot, cherry tomatoes, cucumber & sliced peppers
<u>Toppers</u> 50p	Grated cheese Boiled egg Tuna mayo Coleslaw Gammon Ham	Grated cheese Boiled egg Tuna mayo Coleslaw Gammon Ham	Grated cheese Boiled egg Tuna mayo Coleslaw Gammon Ham	Grated cheese Boiled egg Tuna mayo Coleslaw Gammon Ham	Grated cheese Boiled egg Tuna mayo Coleslaw Gammon Ham
<u>Premium boxed salad</u> £2.00	Greek salad	Caesar salad	Niçoise salad	Italian tomato and mozzarella	New York deli
<u>Fruit</u> 60p	Pineapple pots Whole fruit item	Melon pots Whole fruit item	Pear pots Whole fruit item	Fresh fruit salad pots Whole fruit item	Grape pots Whole fruit item
<u>Dessert</u> 60p	Lemon drizzle	Apple muffin	Chocolate sponge	Banoffee pie	Raspberry sponge

SAMPLE Lunch Menu B

	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Main</u> £2.00	Chicken & bacon pasta bake & garlic bread	Pork meatballs in tomato sauce with savoury rice & sweetcorn	Roast beef and Yorkshire pudding with mini roast potatoes, broccoli and carrots	Sweet & sour chicken with fresh pineapple, peppers and fluffy rice	Ham & pepperoni pizza with coleslaw and chips
<u>Vegetarian Main</u> £2.00	Cherry tomato & broccoli pasta bake with green beans & garlic bread	Veggie balls in tomato sauce with savoury rice & sweetcorn	Lentil loaf with Yorkshire pudding, roast potatoes, carrots & cauliflower	Sweet & sour Quorn with fresh pineapple, peppers & fluffy rice	Cheese & tomato pizza with coleslaw and chips
<u>Hot Snack</u> £1.50	Jacket potato with 1 topper Salad garnish (optional)	Smokey chorizo pasta pot	Tomato & basil pasta pot	Beef bolognese pasta pot	Jacket potato with 1 topper Salad garnish (optional)
<u>Hot sandwich</u> £2.00	Cheese & tomato baguette	Meatball subway	Roast beef bap	Sausage hot dog roll	BBQ chicken baguette
<u>Cold Baguette</u> £2.00	Plain tuna mayo baguette	Egg & tomato baguette	Plain cheese baguette	Plain ham baguette	Egg mayo baguette
<u>Garden Salad Pot</u> £1.50 With 1 topper £2.00	Mixed leaves, grated carrot, cherry tomatoes, cucumber & sliced peppers	Mixed leaves, grated carrot, cherry tomatoes, cucumber & sliced peppers	Mixed leaves, grated carrot, cherry tomatoes, cucumber & sliced peppers	Mixed leaves, grated carrot, cherry tomatoes, cucumber & sliced peppers	Mixed leaves, grated carrot, cherry tomatoes, cucumber & sliced peppers
<u>Toppers</u> 50p	Grated cheese Boiled egg Tuna mayo Homemade coleslaw Gammon Ham	Grated cheese Boiled egg Tuna mayo Homemade coleslaw Gammon Ham	Grated cheese Boiled egg Tuna mayo Homemade coleslaw Gammon Ham	Grated cheese Boiled egg Tuna mayo Homemade coleslaw Gammon Ham	Grated cheese Boiled egg Tuna mayo Homemade coleslaw Gammon Ham
<u>Premium boxed salad</u> £2.00	Niçoise salad	Sunflower seed Waldorf (no nuts)	Caesar salad	Greek salad	Tomato, basil and mozzarella
<u>Fruit</u> 60p	Grape pot Whole fruit item	Pineapple pot Whole fruit item	Melon pot Whole fruit item	Fresh fruit salad pot Whole fruit item	Apple & pear Whole fruit item
<u>Dessert</u> 60p	Chocolate brownie	Strawberry sponge	Pineapple upside down cake	Toffee apple cake	Carrot cake

SAMPLE Lunch Menu C

	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Main</u> £2.00	Jerk chicken with peas, sweetcorn & potato wedges	Pork sausage in a Yorkshire pudding with mashed potatoes & carrots	Roast turkey with mini roast potatoes, stuffing, cabbage and cauliflower	Beef lasagne with salad & garlic bread	Pulled BBQ chicken burger in a soft bun with mayo, salad & fries
<u>Vegetarian</u> £2.00	Jerk tofu with peas, sweetcorn & potato wedges	Veggie sausage in a Yorkshire pudding with mashed potatoes & carrots	Butternut squash & lentil bake with roast potatoes, cabbage & cauliflower	Butter bean lasagne with salad & garlic bread	Pulled BBQ jackfruit burger in a soft bun with mayo, salad & fries
<u>Hot Snack</u> £1.50	Herby tomato pasta pot	Beef bolognaise pasta pot	Basil pesto pasta pot	Jacket potato with 1 topper Salad garnish (optional)	Arrabbiata pasta pot
<u>Hot sandwich</u> £2.00	Toasted cheese baguette	Sausage baguette or Veggie sausage baguette	Hot turkey bap	BBQ chicken baguette	Tuna melt baguette
<u>Cold Baguette</u> £2.00	Plain ham baguette	Plain cheese baguette	Egg mayonnaise baguette	Plain tuna mayo baguette	Plain cheese baguette
<u>Garden Salad Pot</u> £1.50 With 1 topper £2.00	Mixed leaves, grated carrot, cherry tomatoes, cucumber & sliced peppers	Mixed leaves, grated carrot, cherry tomatoes, cucumber & sliced peppers	Mixed leaves, grated carrot, cherry tomatoes, cucumber & sliced peppers	Mixed leaves, grated carrot, cherry tomatoes, cucumber & sliced peppers	Mixed leaves, grated carrot, cherry tomatoes, cucumber & sliced peppers
<u>Toppers</u> 50p	Grated cheese Boiled egg Tuna mayo Homemade coleslaw Gammon Ham	Grated cheese Boiled egg Tuna mayo Homemade coleslaw Gammon Ham	Grated cheese Boiled egg Tuna mayo Homemade coleslaw Gammon Ham	Grated cheese Boiled egg Tuna mayo Homemade coleslaw Gammon Ham	Grated cheese Boiled egg Tuna mayo Homemade coleslaw Gammon Ham
<u>Premium boxed salad</u> £2.00	Greek salad	Caesar salad	Mediterranean couscous	Niçoise salad	Water melon & feta salad
<u>Fruit</u> 60p	Pineapple fingers Whole fruit item	Pear slices Whole fruit item	Water melon pot Whole fruit item	Fresh fruit salad pot Whole fruit item	Grape pots Whole fruit item
<u>Dessert</u> 60p	Cherry cheesecake	Treacle sponge	Apple crumble	Chocolate & orange sponge	Rocky road