



LUNCH MENU WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	SPICED CAULIFLOWER SOUP SERVED WITH CRISPY CROUTONS AND MIXED SEEDS	LENTIL SOUP SERVED WITH CRISPY CROUTONS AND MIXED SEEDS	POTATO & LEEK SOUP SERVED WITH CRISPY CROUTONS AND MIXED SEEDS	CREAM OF CHICKEN SOUP SERVED WITH CRISPY CROUTONS AND MIXED SEEDS	BROTH SERVED WITH CRISPY CROUTONS AND MIXED SEEDS
PREMIUM UNIT PRODUCED BREAD	FRESHLY BAKED BREAD / WHOLEMEAL & WHITE ROLLS	FRESHLY BAKED BREAD / WHOLEMEAL & WHITE ROLLS	FRESHLY BAKED BREAD / WHOLEMEAL & WHITE ROLLS	FRESHLY BAKED BREAD / WHOLEMEAL & WHITE ROLLS	FRESHLY BAKED BREAD / WHOLEMEAL & WHITE ROLLS
MAIN MEAL OPTION	ROAST CHICKEN WITH GRAVY <i>BREAST OF CHICKEN IN A RICH GRAVY SAUCE</i>	MARZETTI <i>MINCED BEEF IN A CREAMY TOMATO SAUCE WITH PASTA</i>	WRAP BAR <i>SELECTION OF WRAPS WITH A CHOICE OF BBQ CHICKEN OR CRISPY CHICKEN</i>	CHILLI CON CARNE <i>MINCED BEEF IN A SPICY TOMATO SAUCE</i>	BREADED CHICKEN, OVEN BAKED COD FISH FINGERS OR FRIED BREADED HADDOCK WITH LEMON AND TARTARE SAUCE
VEGETARIAN OPTION	CHICKPEA BOLOGNAISE <i>CHICKPEAS IN A GARLIC BOLOGNAISE SAUCE</i>	VEGETABLE MARZETTI <i>SEASONAL VEGETABLES IN A CREAMY TOMATO SAUCE</i>	VEGETARIAN WRAP	VEGETABLE CHILLI <i>CHUNKY VEGETABLES IN A SPICY TOMATO SAUCE</i>	CHILLI POPPERS <i>CREAM CHEESE & RED PEPPER IN BREADCRUMBS</i>
FRESHLY BAKED SNACKS	VARIOUS PANINI'S CHOICE OF 3 OPTIONS, MIXED TOASTIES OR CHEF'S DAILY VALUE SNACK BAKED JACKET POTATO WITH A CHOICE OF 2 FILLINGS	VARIOUS PANINI'S CHOICE OF 3 OPTIONS, MIXED TOASTIES OR CHEF'S DAILY VALUE SNACK BAKED JACKET POTATO WITH A CHOICE OF 2 FILLINGS	VARIOUS PANINI'S CHOICE OF 3 OPTIONS, MIXED TOASTIES OR CHEF'S DAILY VALUE SNACK BAKED JACKET POTATO WITH A CHOICE OF 2 FILLINGS	VARIOUS PANINI'S CHOICE OF 3 OPTIONS, MIXED TOASTIES OR CHEF'S DAILY VALUE SNACK BAKED JACKET POTATO WITH A CHOICE OF 2 FILLINGS	VARIOUS PANINI'S CHOICE OF 3 OPTIONS, MIXED TOASTIES OR CHEF'S DAILY VALUE SNACK BAKED JACKET POTATO WITH A CHOICE OF 2 FILLINGS
SIDE ORDERS	PEAS, SWEETCORN & BOILED POTATOES	GARLIC BREAD, GREEN BEANS & SLICED CARROTS	SEASONAL TOSSED SALAD	BOILED RICE, BABY CORN & PEAS	BAKED BEANS, MUSHY PEAS, CHIPS & CURRY SAUCE
SALAD BAR	A SELECTION OF 8 NUDE, PROTEIN, COMPOSITE, GREEN & SIMPLE SALAD OPTIONS	A SELECTION OF 8 NUDE, PROTEIN, COMPOSITE, GREEN & SIMPLE SALAD OPTIONS	A SELECTION OF 8 NUDE, PROTEIN, COMPOSITE, GREEN & SIMPLE SALAD OPTIONS	A SELECTION OF 8 NUDE, PROTEIN, COMPOSITE, GREEN & SIMPLE SALAD OPTIONS	A SELECTION OF 8 NUDE, PROTEIN, COMPOSITE, GREEN & SIMPLE SALAD OPTIONS
DESSERTS	RASPBERRY DELIGHT, FRUIT BASKET OR PROBIOTIC YOGURT WITH GRANOLA/FRUIT COULIS	CHOCOLATE SPONGE & CUSTARD, FRUIT BASKET OR PROBIOTIC YOGURT WITH GRANOLA/FRUIT COULIS	CRUMBLE & WARM CUSTARD, FRUIT BASKET OR PROBIOTIC YOGURT WITH GRANOLA/FRUIT COULIS	ICE CREAM TUB, FRUIT BASKET OR PROBIOTIC YOGURT WITH GRANOLA/FRUIT COULIS	HAPPY FRIDAY SPECIAL TREAT, FRUIT BASKET OR PROBIOTIC YOGURT WITH GRANOLA/FRUIT COULIS



LUNCH MENU WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	SWEET POTATO SOUP SERVED WITH CRISPY CROUTONS AND MIXED SEEDS	BARLEY BROTH SOUP SERVED WITH CRISPY CROUTONS AND MIXED SEEDS	SMOKED HAM & PEA SOUP SERVED WITH CRISPY CROUTONS AND MIXED SEEDS	CREAM OF MUSHROOM SOUP SERVED WITH CRISPY CROUTONS AND MIXED SEEDS	VEGETABLE SOUP SERVED WITH CRISPY CROUTONS AND MIXED SEEDS
BREAD	FRESHLY BAKED BREAD / WHOLEMEAL & WHITE ROLLS	FRESHLY BAKED BREAD / WHOLEMEAL & WHITE ROLLS	FRESHLY BAKED BREAD / WHOLEMEAL & WHITE ROLLS	FRESHLY BAKED BREAD / WHOLEMEAL & WHITE ROLLS	FRESHLY BAKED BREAD / WHOLEMEAL & WHITE ROLLS
MAIN MEAL OPTION	BANGERS & MASH <i>PORK SAUSAGES IN A RICH JUS & MASH</i>	CHICKEN KORMA <i>DICED CHICKEN IN A CREAMY KORMA SAUCE</i>	PIZZA BAR <i>VARIOUS PIZZAS – CAJUN CHICKEN, HAM & PINEAPPLE, PEPPERONI</i>	HAM & SWEETCORN CARBONARA <i>HAM & SWEETCORN IN A GARLIC & HERB CREAM</i>	BREADED CHICKEN, OVEN BAKED COD FISH FINGERS OR FRIED BREADED HADDOCK WITH LEMON AND TARTARE SAUCE
VEGETARIAN OPTION	VEGETARIAN SAUSAGE & MASH <i>VEGETABLE SAUSAGES IN A RICH JUS & MASH</i>	VEGETABLE KORMA <i>DICED VEGETABLES IN A CREAMY KORMA SAUCE</i>	VEGETABLE PIZZA	VEGETABLE CARBONARA <i>SEASONAL VEGETABLES IN A GARLIC & HERB CREAM</i>	CHILLI POPPERS <i>CREAM CHEESE & RED PEPPER IN BREADCRUMBS</i>
FRESHLY BAKED SNACKS	VARIOUS PANINI'S CHOICE OF 3 OPTIONS, MIXED TOASTIES OR CHEF'S DAILY VALUE SNACK BAKED JACKET POTATO WITH A CHOICE OF 2 FILLINGS	VARIOUS PANINI'S CHOICE OF 3 OPTIONS, MIXED TOASTIES OR CHEF'S DAILY VALUE SNACK BAKED JACKET POTATO WITH A CHOICE OF 2 FILLINGS	VARIOUS PANINI'S CHOICE OF 3 OPTIONS, MIXED TOASTIES OR CHEF'S DAILY VALUE SNACK BAKED JACKET POTATO WITH A CHOICE OF 2 FILLINGS	VARIOUS PANINI'S CHOICE OF 3 OPTIONS, MIXED TOASTIES OR CHEF'S DAILY VALUE SNACK BAKED JACKET POTATO WITH A CHOICE OF 2 FILLINGS	VARIOUS PANINI'S CHOICE OF 3 OPTIONS, MIXED TOASTIES OR CHEF'S DAILY VALUE SNACK BAKED JACKET POTATO WITH A CHOICE OF 2 FILLINGS
SIDE ORDERS	MASHED POTATRO, PEAS & BAKED BEANS	BASMATI RICE, POPPADOMS & BABY CORN	SEASONAL TOSSED SALAD & POTATO WEDGES	CRUSTY BREAD, SLICED CARROTS & BROCCOLI	BAKED BEANS, MUSHY PEAS, CHIPS & CURRY SAUCE
SALAD BAR	A SELECTION OF 8 NUDE, PROTEIN, COMPOSITE, GREEN & SIMPLE SALAD OPTIONS	A SELECTION OF 8 NUDE, PROTEIN, COMPOSITE, GREEN & SIMPLE SALAD OPTIONS	A SELECTION OF 8 NUDE, PROTEIN, COMPOSITE, GREEN & SIMPLE SALAD OPTIONS	A SELECTION OF 8 NUDE, PROTEIN, COMPOSITE, GREEN & SIMPLE SALAD OPTIONS	A SELECTION OF 8 NUDE, PROTEIN, COMPOSITE, GREEN & SIMPLE SALAD OPTIONS
DESSERTS	APPLE CRUMBLE & CUSTARD, FRUIT BASKET OR PROBIOTIC YOGURT WITH GRANOLA/FRUIT COULIS	JELLY & CREAM, FRUIT BASKET OR PROBIOTIC YOGURT WITH GRANOLA/FRUIT COULIS	CHOCOLATE FUDGE CAKE, FRUIT BASKET OR PROBIOTIC YOGURT WITH GRANOLA/FRUIT COULIS	FRUIT BASKET OR PROBIOTIC YOGURT WITH GRANOLA/FRUIT COULIS	HAPPY FRIDAY SPECIAL TREAT, FRUIT BASKET OR PROBIOTIC YOGURT WITH GRANOLA/FRUIT COULIS



LUNCH MENU WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	CREAM OF CHICKEN SOUP SERVED WITH CRISPY CROUTONS AND MIXED SEEDS	CURRIED PARSNIP SOUP SERVED WITH CRISPY CROUTONS AND MIXED SEEDS	POTATO SOUP SERVED WITH CRISPY CROUTONS AND MIXED SEEDS	RED PEPPER SOUP SERVED WITH CRISPY CROUTONS AND MIXED SEEDS	CARROT & CORIANDER SOUP SERVED WITH CRISPY CROUTONS AND MIXED SEEDS
BREAD	FRESHLY BAKED BREAD / WHOLEMEAL & WHITE ROLLS	FRESHLY BAKED BREAD / WHOLEMEAL & WHITE ROLLS	FRESHLY BAKED BREAD / WHOLEMEAL & WHITE ROLLS	FRESHLY BAKED BREAD / WHOLEMEAL & WHITE ROLLS	FRESHLY BAKED BREAD / WHOLEMEAL & WHITE ROLLS
MAIN MEAL OPTION	MEATBALLS <i>TURKEY MEATBALLS IN A GRAVY SAUCE</i>	CAJUN CHICKEN PASTA <i>DICED CHICKEN IN A CAJUN SAUCE & PASTA</i>	NACHOS <i>MINCED BEEF, CHILLI OR TOMATO SAUCE SERVED WITH NACHO CHIPS</i>	THAI GREEN CHICKEN <i>CHICKEN IN A MILD THAI SAUCE</i>	BREADED CHICKEN, OVEN BAKED COD FISH FINGERS OR FRIED BREADED HADDOCK WITH LEMON AND TARTARE SAUCE
VEGETARIAN OPTION	VEGETABLE CASSEROLE <i>CHUNKY ROOT VEGETABLES IN A SEASONAL GRAVY TOPPED WITH SLICED POTATO</i>	CAJUN VEGETABLE PASTA <i>MIXED DICED VEGETABLES IN A CAJUN SAUCE</i>	SALSA NACHOS	THAI GREEN MUSHROOM CURRY <i>MUSHROOMS IN A MILD THAI SAUCE</i>	VEGETABLE NUGGETS <i>DEEP FRIED VEGETABLES IN BREADCRUMBS</i>
FRESHLY BAKED SNACKS	VARIOUS PANINI'S CHOICE OF 3 OPTIONS, MIXED TOASTIES OR CHEF'S DAILY VALUE SNACK BAKED JACKET POTATO WITH A CHOICE OF 2 FILLINGS	VARIOUS PANINI'S CHOICE OF 3 OPTIONS, MIXED TOASTIES OR CHEF'S DAILY VALUE SNACK BAKED JACKET POTATO WITH A CHOICE OF 2 FILLINGS	VARIOUS PANINI'S CHOICE OF 3 OPTIONS, MIXED TOASTIES OR CHEF'S DAILY VALUE SNACK BAKED JACKET POTATO WITH A CHOICE OF 2 FILLINGS	VARIOUS PANINI'S CHOICE OF 3 OPTIONS, MIXED TOASTIES OR CHEF'S DAILY VALUE SNACK BAKED JACKET POTATO WITH A CHOICE OF 2 FILLINGS	VARIOUS PANINI'S CHOICE OF 3 OPTIONS, MIXED TOASTIES OR CHEF'S DAILY VALUE SNACK BAKED JACKET POTATO WITH A CHOICE OF 2 FILLINGS
SIDE ORDERS	MASHED POTATO, CARROTS & MANGE TOUT	CRUSTY BREAD, PEAS & TURNIP	TORTILLAS, SALSA, JALAPENOS & SOUR CREAM	BOILED RICE, SWEETCORN & PAK CHOI	BAKED BEANS, MUSHY PEAS, CHIPS & CURRY SAUCE
SALAD BAR	A SELECTION OF 8 NUDE, PROTEIN, COMPOSITE, GREEN & SIMPLE SALAD OPTIONS	A SELECTION OF 8 NUDE, PROTEIN, COMPOSITE, GREEN & SIMPLE SALAD OPTIONS	A SELECTION OF 8 NUDE, PROTEIN, COMPOSITE, GREEN & SIMPLE SALAD OPTIONS	A SELECTION OF 8 NUDE, PROTEIN, COMPOSITE, GREEN & SIMPLE SALAD OPTIONS	A SELECTION OF 8 NUDE, PROTEIN, COMPOSITE, GREEN & SIMPLE SALAD OPTIONS
DESSERTS	SYRUP SPONGE & CUSTARD, FRUIT BASKET OR PROBIOTIC YOGURT WITH GRANOLA/FRUIT COULIS	FRUIT TUBS, FRUIT BASKET OR PROBIOTIC YOGURT WITH GRANOLA/FRUIT COULIS	TOFFEE TART & CUSTARD, SEASONAL FRUIT BASKET, SELECTION OF PROBIOTIC YOGHURTS	SEASONAL FRUIT BASKET, SELECTION OF PROBIOTIC YOGHURTS	HAPPY FRIDAY SPECIAL TREAT, SEASONAL FRUIT BASKET, SELECTION OF PROBIOTIC YOGHURTS



LUNCH MENU WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	MINISTRONE SOUP SERVED WITH CRISPY CROUTONS AND MIXED SEEDS	CREAM OF COURGETTE SOUP SERVED WITH CRISPY CROUTONS AND MIXED SEEDS	CHICKEN & RICE SOUP SERVED WITH CRISPY CROUTONS AND MIXED SEEDS	LENTIL SOUP SERVED WITH CRISPY CROUTONS AND MIXED SEEDS	CREAM OF VEGETABLE SOUP SERVED WITH CRISPY CROUTONS AND MIXED SEEDS
BREAD	FRESHLY BAKED BREAD / WHOLEMEAL & WHITE ROLLS	FRESHLY BAKED BREAD / WHOLEMEAL & WHITE ROLLS	FRESHLY BAKED BREAD / WHOLEMEAL & WHITE ROLLS	FRESHLY BAKED BREAD / WHOLEMEAL & WHITE ROLLS	FRESHLY BAKED BREAD / WHOLEMEAL & WHITE ROLLS
MAIN MEAL OPTION	SPAGHETTI BOLOGNAISE <i>MINCED BEEF IN A RICH TOMATO SAUCE SERVED WITH PASTA</i>	SWEET N' SOUR CHICKEN <i>DICED BREAST OF CHICKEN IN A SWEET & SOUR SAUCE</i>	SAUSAGE ROLLS/PIES <i>MINCED PORK IN A FLAKY PASTRY</i>	MACARONI CHEESE <i>MATURE CHEESE SAUCE AND PASTA</i>	BREADED CHICKEN, OVEN BAKED COD FISH FINGERS OR FRIED BREADED HADDOCK WITH LEMON AND TARTARE SAUCE
VEGETARIAN OPTION	VEGETABLE MINCE PIE <i>QUORN MINCE IN A VEGETABLE GRAVY</i>	VEGETABLE SWEET N' SOUR <i>SEASONAL VEGETABLES IN A SWEET & SOUR SAUCE</i>	VEGAN SAUSAGE ROLLS <i>DICED VEGETABLES IN A FLAKY PASTRY</i>	MACARONI CHEESE <i>MATURE CHEESE SAUCE AND PASTA</i>	CHILLI POPPERS <i>CREAM CHEESE & RED PEPPER IN BREADCRUMBS</i>
FRESHLY BAKED SNACKS	VARIOUS PANINI'S CHOICE OF 3 OPTIONS, MIXED TOASTIES OR CHEF'S DAILY VALUE SNACK BAKED JACKET POTATO WITH CHOICE OF 2 FILLINGS	VARIOUS PANINI'S CHOICE OF 3 OPTIONS, MIXED TOASTIES OR CHEF'S DAILY VALUE SNACK BAKED JACKET POTATO WITH CHOICE OF 2 FILLINGS	VARIOUS PANINI'S CHOICE OF 3 OPTIONS, MIXED TOASTIES OR CHEF'S DAILY VALUE SNACK BAKED JACKET POTATO WITH CHOICE OF 2 FILLINGS	VARIOUS PANINI'S CHOICE OF 3 OPTIONS, MIXED TOASTIES OR CHEF'S DAILY VALUE SNACK BAKED JACKET POTATO WITH CHOICE OF 2 FILLINGS	VARIOUS PANINI'S CHOICE OF 3 OPTIONS, MIXED TOASTIES OR CHEF'S DAILY VALUE SNACK BAKED JACKET POTATO WITH CHOICE OF 2 FILLINGS
SIDE ORDERS	MASHED POTATOES, TURNIP & CARROTS	BOILED RICE, PRAWN CRACKERS & PEAS	COURGETTE, SPAGHETTI HOOPS & BEANS	CRUSTY ROLL, GREEN BEANS & SLICED CARROTS	BAKED BEANS, MUSHY PEAS, CHIPS & CURRY SAUCE
SALAD BAR	A SELECTION OF 8 NUDE, PROTEIN, COMPOSITE, GREEN & SIMPLE SALAD OPTIONS	A SELECTION OF 8 NUDE, PROTEIN, COMPOSITE, GREEN & SIMPLE SALAD OPTIONS	A SELECTION OF 8 NUDE, PROTEIN, COMPOSITE, GREEN & SIMPLE SALAD OPTIONS	A SELECTION OF 8 NUDE, PROTEIN, COMPOSITE, GREEN & SIMPLE SALAD OPTIONS	A SELECTION OF 8 NUDE, PROTEIN, COMPOSITE, GREEN & SIMPLE SALAD OPTIONS
DESSERTS	ICED SPONGE & CUSTARD, FRUIT BASKET OR PROBIOTIC YOGURT WITH GRANOLA/FRUIT COULIS	CHOCOLATE DELIGHT, FRUIT BASKET OR PROBIOTIC YOGURT WITH GRANOLA/FRUIT COULIS	BREAD & BUTTER PUDDING, FRUIT BASKET OR PROBIOTIC YOGURT WITH GRANOLA/FRUIT COULIS	FRUIT TUB, FRUIT BASKET OR PROBIOTIC YOGURT WITH GRANOLA/FRUIT COULIS	HAPPY FRIDAY SPECIAL TREAT, FRUIT BASKET OR PROBIOTIC YOGURT WITH GRANOLA/FRUIT COULIS



LUNCH MENU WEEK 5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	CHICKEN & RICE SOUP SERVED WITH CRISPY CROUTONS AND MIXED SEEDS	SMOKED HAM & PEA SOUP SERVED WITH CRISPY CROUTONS AND MIXED SEEDS	CREAM OF COURGETTE SOUP SERVED WITH CRISPY CROUTONS AND MIXED SEEDS	CREAM OF MUSHROOM SOUP SERVED WITH CRISPY CROUTONS AND MIXED SEEDS	POTATO SOUP SERVED WITH CRISPY CROUTONS AND MIXED SEEDS
BREAD	FRESHLY BAKED BREAD / WHOLEMEAL & WHITE ROLLS	FRESHLY BAKED BREAD / WHOLEMEAL & WHITE ROLLS	FRESHLY BAKED BREAD / WHOLEMEAL & WHITE ROLLS	FRESHLY BAKED BREAD / WHOLEMEAL & WHITE ROLLS	FRESHLY BAKED BREAD / WHOLEMEAL & WHITE ROLLS
MAIN MEAL OPTION	BEEF & SAUSAGE HOTPOT <i>BRAISED BEEF & PORK SAUSAGE IN A GRAVY</i>	CHICKEN CARBONARA <i>DICED CHICKEN BREAST IN A GARLIC & HERB SAUCE</i>	BURGER BAR: <i>BEEF & CHICKEN BURGERS IN A BUN</i>	CHINESE CURRY <i>DICED BREAST OF CHICKEN IN A MILD CURRY SAUCE</i>	BREADED CHICKEN, OVEN BAKED COD FISH FINGERS OR FRIED BREADED HADDOCK WITH LEMON AND TARTARE SAUCE
VEGETARIAN OPTION	FOREST MUSHROOM & WILD ROCKET TART <i>MIXED MUSHROOMS, EGG & ROCKET IN PASTRY</i>	VEGETABLE CARBONARA <i>DICED VEGETABLES IN A GARLIC & HERB SAUCE</i>	VEGETARIAN BURGER BAR: <i>BREADED VEGETABLES IN A BUN</i>	VEGETABLE CURRY <i>SEASONAL VEGETABLES IN A MILD CURRY SAUCE</i>	MACARONI & DOUBLE CHEESE BAKE <i>MATURE CHEESE SAUCE AND PASTA, TRADE UP – GARLIC BREAD</i>
FRESHLY BAKED SNACKS	VARIOUS PANINI'S CHOICE OF 3 OPTIONS, MIXED TOASTIES OR CHEF'S DAILY VALUE SNACK BAKED JACKET POTATO WITH A CHOICE OF 2 FILLINGS	VARIOUS PANINI'S CHOICE OF 3 OPTIONS, MIXED TOASTIES OR CHEF'S DAILY VALUE SNACK BAKED JACKET POTATO WITH A CHOICE OF 2 FILLINGS	VARIOUS PANINI'S CHOICE OF 3 OPTIONS, MIXED TOASTIES OR CHEF'S DAILY VALUE SNACK BAKED JACKET POTATO WITH A CHOICE OF 2 FILLINGS	VARIOUS PANINI'S CHOICE OF 3 OPTIONS, MIXED TOASTIES OR CHEF'S DAILY VALUE SNACK BAKED JACKET POTATO WITH A CHOICE OF 2 FILLINGS	VARIOUS PANINI'S CHOICE OF 3 OPTIONS, MIXED TOASTIES OR CHEF'S DAILY VALUE SNACK BAKED JACKET POTATO WITH A CHOICE OF 2 FILLINGS
SIDE ORDERS	BOILED POTATOES, PEAS & BABY CORN	CRUSTY ROLL & CARROTS	SEASONAL TOSSED SALAD	RICE, PRAWN CRACKERS & PEAS	BAKED BEANS, MUSHY PEAS, CHIPS & CURRY SAUCE
SALAD BAR	A SELECTION OF 8 NUDE, PROTEIN, COMPOSITE, GREEN & SIMPLE SALAD OPTIONS	A SELECTION OF 8 NUDE, PROTEIN, COMPOSITE, GREEN & SIMPLE SALAD OPTIONS	A SELECTION OF 8 NUDE, PROTEIN, COMPOSITE, GREEN & SIMPLE SALAD OPTIONS	A SELECTION OF 8 NUDE, PROTEIN, COMPOSITE, GREEN & SIMPLE SALAD OPTIONS	A SELECTION OF 8 NUDE, PROTEIN, COMPOSITE, GREEN & SIMPLE SALAD OPTIONS
DESSERTS	RASPBERRY DELIGHT, FRUIT BASKET OR PROBIOTIC YOGURT WITH GRANOLA/FRUIT COULIS	STRAWBERRIES & CREAM, FRUIT BASKET OR PROBIOTIC YOGURT WITH GRANOLA/FRUIT COULIS	CHOCOLATE SPONGE & CUSTARD, FRUIT BASKET OR PROBIOTIC YOGURT WITH GRANOLA/FRUIT COULIS	JELLY, FRUIT BASKET OR PROBIOTIC YOGURT WITH GRANOLA/FRUIT COULIS	HAPPY FRIDAY SPECIAL TREAT, FRUIT BASKET OR PROBIOTIC YOGURT WITH GRANOLA/FRUIT COULIS



Wellington SCHOOL

LUNCH MENU WEEK 6	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	CHICKEN NOODLE SOUP SERVED WITH CRISPY CROUTONS AND MIXED SEEDS	TOMATO SOUP SERVED WITH CRISPY CROUTONS AND MIXED SEEDS	BARLEY BROTH SERVED WITH CRISPY CROUTONS AND MIXED SEEDS	CARROT & CORIANDER SOUP SERVED WITH CRISPY CROUTONS AND MIXED SEEDS	YELLOW SPLIT PEA SOUP SERVED WITH CRISPY CROUTONS AND MIXED SEEDS
BREAD	FRESHLY BAKED BREAD / WHOLEMEAL & WHITE ROLLS	FRESHLY BAKED BREAD / WHOLEMEAL & WHITE ROLLS	FRESHLY BAKED BREAD / WHOLEMEAL & WHITE ROLLS	FRESHLY BAKED BREAD / WHOLEMEAL & WHITE ROLLS	FRESHLY BAKED BREAD / WHOLEMEAL & WHITE ROLLS
MAIN MEAL OPTION	SPAGHETTI BOLOGNAISE <i>MINCED BEEF IN A TOMATO, GARLIC & HERB SAUCE</i>	CHICKEN TIKKA <i>DICED CHICKEN BREAST IN A CREAMY TIKKA SAUCE</i>	WRAP BAR <i>SELECTION OF WRAPS WITH A CHOICE OF BBQ CHICKEN OR CRISPY CHICKEN</i>	ROAST BEEF & YORKSHIRE PUDDING <i>SLICED BEEF IN A RICH JUS & YORKSHIRE PUDDING</i>	BREADED CHICKEN, OVEN BAKED COD FISH FINGERS OR FRIED BREADED HADDOCK WITH LEMON AND TARTARE SAUCE
VEGETARIAN OPTION	VEGETABLE BOLOGNAISE <i>CHUNKY VEGETABLES IN A TOMATO, GARLIC & HERB SAUCE</i>	VEGETABLE TIKKA <i>SEASONAL VEGETABLES IN A CREAMY TIKKA SAUCE</i>	VEGETARIAN WRAP BAR	CHUNKY VEGETABLE CURRY <i>SEASONAL VEGETABLES IN A CURRY SAUCE</i>	MOZZARELLA STICKS <i>MOZZARELLA WITH GOLDEN BREADCRUMBS</i>
FRESHLY BAKED SNACKS	VARIOUS PANINI'S CHOICE OF 3 OPTIONS, MIXED TOASTIES OR CHEF'S DAILY VALUE SNACK BAKED JACKET POTATO WITH A CHOICE OF 2 FILLINGS	VARIOUS PANINI'S CHOICE OF 3 OPTIONS, MIXED TOASTIES OR CHEF'S DAILY VALUE SNACK BAKED JACKET POTATO WITH THE CHOICE OF 2 FILLINGS	VARIOUS PANINI'S CHOICE OF 3 OPTIONS, MIXED TOASTIES OR CHEF'S DAILY VALUE SNACK BAKED JACKET POTATO WITH THE CHOICE OF 2 FILLINGS	VARIOUS PANINI'S CHOICE OF 3 OPTIONS, MIXED TOASTIES OR CHEF'S DAILY VALUE SNACK BAKED JACKET POTATO WITH THE CHOICE OF 2 FILLINGS	VARIOUS PANINI'S CHOICE OF 3 OPTIONS, MIXED TOASTIES OR CHEF'S DAILY VALUE SNACK BAKED JACKET POTATO WITH THE CHOICE OF 2 FILLINGS
SIDE ORDERS	GARLIC BREAD, PEAS & DICED TURNIP	BOILED RICE, SUGAR SNAP PEAS & NAAN BREAD	SEASONAL TOSSED SALAD	DUCHESS POTATOES, TURNIP & GREEN BEANS	BAKED BEANS, MUSHY PEAS, CHIPS & CURRY SAUCE
SALAD BAR	A SELECTION OF 8 NUDE, PROTEIN, COMPOSITE, GREEN & SIMPLE SALAD OPTIONS	A SELECTION OF 8 NUDE, PROTEIN, COMPOSITE, GREEN & SIMPLE SALAD OPTIONS	A SELECTION OF 8 NUDE, PROTEIN, COMPOSITE, GREEN & SIMPLE SALAD OPTIONS	A SELECTION OF 8 NUDE, PROTEIN, COMPOSITE, GREEN & SIMPLE SALAD OPTIONS	A SELECTION OF 8 NUDE, PROTEIN, COMPOSITE, GREEN & SIMPLE SALAD OPTIONS
DESSERTS	ICE CREAM TUB, FRUIT BASKET OR PROBIOTIC YOGURT WITH GRANOLA/FRUIT COULIS	TOFFEE TART, FRUIT BASKET OR PROBIOTIC YOGURT WITH GRANOLA/FRUIT COULIS	CHEESECAKE, FRUIT BASKET OR PROBIOTIC YOGURT WITH GRANOLA/FRUIT COULIS	RASPBERRY DELIGHT, FRUIT BASKET OR PROBIOTIC YOGURT WITH GRANOLA/FRUIT COULIS	HAPPY FRIDAY SPECIAL TREAT, FRUIT BASKET OR PROBIOTIC YOGURT WITH GRANOLA/FRUIT COULIS