



SENIOR LUNCH MENU - WEEK 1

Week commencing:

05.10.26

(v) vegetarian, (vg) vegan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Cream of Broccoli Soup served with crispy croutons and sunflower, pumpkin & mixed seeds	Lentil Soup served with crispy croutons and sunflower, pumpkin & mixed seeds	Potato Soup served with crispy croutons and sunflower, pumpkin & mixed seeds	Cream of Tomato Soup served with crispy croutons and sunflower, pumpkin & mixed seeds	Tomato & Red Pepper Soup served with crispy croutons and sunflower, pumpkin & mixed seeds
MAIN MEAL OPTION	Baked bread, wholemeal & white rolls Meatballs <i>Pork meatballs in a gravy sauce</i>	Baked bread, wholemeal & white rolls Hot Sandwich of the Day <i>Cajun chicken baguette</i> <i>Various Wraps</i> <i>Selection Of cold sandwiches</i>	Baked bread, wholemeal & white rolls Burgers <i>Crispy breaded chicken</i> <i>Beef burger</i>	Baked bread, wholemeal & white rolls Baked Potato Day <i>Hot fillings</i> <i>Chicken Curry</i> <i>Vegetable Curry</i>	Baked bread, wholemeal & white rolls Fillet of sustainable breaded haddock served with a lemon wedge & tartare sauce Oven baked cod fish fingers Breaded Chicken
VEGETARIAN OPTION	Quorn meatballs (v) <i>In a rich vegetable gravy</i>	Vegetarian burger (v)	Vegetarian burger (v)	Vegetable Nuggets (v) <i>Deep fried crumbed Quorn</i>	
	Various panini's – choice of 3 options Mixed toasties	Tuna & red Onion Bagels	Various panini's – choice of 3 options Mixed toasties	Cold Fillings Cheese Coleslaw Tuna Mayonnaise	Various panini's – choice of 3 options Mixed toasties
	Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple	Cheese & tomato Pizzini	Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple	Seasonal Tossed salad	Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple
SIDE ORDERS	Herb Diced Potatoes Carrots Green Beans		Tossed salad Wedges		Baked beans Chips Curry Sauce
SALAD BAR	A selection of 8 nude, protein, composite, green and simple salad options	A selection of 8 nude, protein, composite, green and simple salad options	A selection of 8 nude, protein, composite, green and simple salad options	A selection of 8 nude, protein, composite, green and simple salad options	A selection of 8 nude, protein, composite, green and simple salad options
SOMETHING SWEET	Syrup sponge & custard Seasonal fruit basket Selection of probiotic yoghurts served with granola & fruit coulis	Chocolate Mousse Seasonal fruit basket Selection of probiotic yoghurts served with granola & fruit coulis	Rice Pudding Seasonal fruit basket Selection of probiotic yoghurts served with granola & fruit coulis	Fruit Yoghurt Seasonal fruit basket Selection of probiotic yoghurts served with granola & fruit coulis	Happy Friday special treat Seasonal fruit basket Selection of probiotic yoghurts served with granola & fruit coulis





SENIOR LUNCH MENU - WEEK 2

Week commencing:

31.08.26

(v) vegetarian, (vg) vegan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Chicken & Rice Soup served with crispy croutons and sunflower, pumpkin & mixed seeds	Cream of Tomato & Red Pepper Soup served with crispy croutons and sunflower, pumpkin & mixed seeds	Minestrone Soup served with crispy croutons and sunflower, pumpkin & mixed seeds	Cream of Chicken Soup served with crispy croutons and sunflower, pumpkin & mixed seeds	Cream of Vegetable served with crispy croutons and sunflower, pumpkin & mixed seeds
MAIN MEAL OPTION	Baked bread, wholemeal & white rolls	Baked bread , wholemeal & white rolls	Baked bread, wholemeal & white rolls	Baked bread, wholemeal & white rolls	Baked bread, wholemeal & white rolls
	Spaghetti bolognese <i>Minced beef in a rich tomato sauce served with pasta</i>	Hot Sandwich of the Day <i>Chicken Fajita baguette</i>	CHICKEN WRAPS Crispy breaded chicken BBQ chicken	Baked Potato Day <u>Hot fillings</u> <i>Macaroni Cheese</i> <i>With crispy onions</i>	Fillet of sustainable breaded haddock served with a lemon wedge & tartare sauce Oven baked cod fish fingers Breaded Chicken
VEGETARIAN OPTION	Vegetable bolognese(v) <i>Quorn mince in a rich tomato sauce</i>	<i>Various Wraps</i> <i>Selection of cold filled Sandwiches</i>	Vegetarian wraps (v)	<u>Cold Fillings</u> Cheese Coleslaw Tuna Mayonnaise	Quorn nuggets (v) <i>Deep fried crumbed quorn</i>
SIDE ORDERS	Various panini's – choice of 3 options Mixed toasties	Savoury Cheese Bagel	Various panini's – choice of 3 options Mixed toasties		Various panini's – choice of 3 options Mixed toasties
	Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple	Spicy Chicken Pizzini	Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple	Seasonal Tossed salad	Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple
	Spaghetti Peas Carrots		Seasonal Salad		Baked beans Chips Curry Sauce
SALAD BAR	A selection of 8 nude, protein, composite, green and simple salad options	A selection of 8 nude, protein, composite, green and simple salad options	A selection of 8 nude, protein, composite, green and simple salad options	A selection of 8 nude, protein, composite, green and simple salad options	A selection of 8 nude, protein, composite, green and simple salad options
SOMETHING SWEET	Iced sponge & custard Seasonal fruit basket Selection of probiotic yoghurts served with granola & fruit coulis	Orange jelly & Cream Seasonal fruit basket Selection of probiotic yoghurts served with granola & fruit coulis	Apple Crumble & Cream Seasonal fruit basket Selection of probiotic yoghurts served with granola & fruit coulis	Fruit Yoghurt Seasonal fruit basket Selection of probiotic yoghurts served with granola & fruit coulis	Happy Friday special treat Seasonal fruit basket Selection of probiotic yoghurts served with granola & fruit coulis



SENIOR LUNCH MENU – WEEK 3

Week commencing:

07.09.26

(v) vegetarian, (vg) vegan

SOUP

Cream of Cauliflower Soup
served with crispy croutons
and sunflower, pumpkin &
mixed seeds

Cream of Tomato Soup
served with crispy croutons
and sunflower, pumpkin &
mixed seeds

Potato & Leek Soup
served with crispy croutons
and sunflower, pumpkin &
mixed seeds

Carrot & Coriander Soup
served with crispy croutons
and sunflower, pumpkin &
mixed seeds

Broth Soup
served with crispy croutons
and sunflower, pumpkin &
mixed seeds

Baked bread,
wholemeal & white rolls

Baked bread, wholemeal &
white rolls

Baked bread,
wholemeal & white rolls

Baked bread, wholemeal &
white rolls

Baked bread,
wholemeal & white rolls

MAIN MEAL OPTION

Pasta Bolognese
*Minced beef in a tomato basil
sauce served in pasta*

Hot Sandwich of the Day
Meatball Maranara baguette

Pork Sausages in a
Gravy sauce

Baked Potato Day
Hot fillings
Spicy Chicken

Fillet of sustainable breaded
haddock served with a lemon
wedge & tartare sauce
Oven baked cod fish fingers
Breaded Chicken

VEGETARIAN OPTION

Vegetable Bolognese (v)
*Seasonal vegetables in a
tomato bolognaise sauce*

*Various Wraps
Selection of cold filled
sandwiches*

Vegetarian Sausages (v)

Cold Fillings

Cauliflower Bites (v)
*Classic macaroni pasta
bound in a delicious mornay
sauce with double the cheese,
coated in breadcrumbs*

Various panini's – choice of 3
options
Mixed toasties

bagel of the day

Various panini's – choice of 3
options
Mixed toasties

Cheese
Coleslaw
Tuna Mayonnaise

Various panini's – choice of 3
options
Mixed toasties

Baked jacket potato with a
choice of 2 fillings. Options
may include: cheese, tuna
mayo, coleslaw, cottage
cheese & pineapple

Spicy Chicken
Pizzini

Baked jacket potato with a
choice of 2 fillings. Options
may include: cheese, tuna
mayo, coleslaw, cottage
cheese & pineapple

Seasonal
Tossed salad

Baked jacket potato with a
choice of 2 fillings. Options
may include: cheese, tuna
mayo, coleslaw, cottage
cheese & pineapple

SIDE ORDERS

Garlic Bread
Peas
Sweetcorn

Mashed Potatoes
Peas
Baked beans

Baked beans
Chips
Curry Sauce

SALAD BAR

A selection of 8 nude, protein,
composite, green and simple
salad options

A selection of 8 nude, protein,
composite, green and simple
salad options

A selection of 8 nude, protein,
composite, green and simple
salad options

A selection of 8 nude, protein,
composite, green and simple
salad options

A selection of 8 nude, protein,
composite, green and simple
salad options

SOMETHING SWEET

Raspberry delight
Seasonal fruit basket
Selection of probiotic yoghurts
served with granola & fruit
coulis

Flapjack
Seasonal fruit basket
Selection of probiotic
yoghurts served with granola
& fruit coulis

Brownie & Custard Sauce
Seasonal fruit basket
Selection of probiotic yoghurts
served with granola & fruit
coulis

Fruit Yoghurt
Seasonal fruit basket
Selection of probiotic
yoghurts served with granola
& fruit coulis

Happy Friday special treat
Seasonal fruit basket
Selection of probiotic yoghurts
served with granola & fruit
coulis





SENIOR LUNCH MENU – WEEK 4

Week commencing:

14.09.26

(v) vegetarian, (vg) vegan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Sweet Potato & Chilli Soup served with crispy croutons and sunflower, pumpkin & mixed seeds	Chicken Noodle Soup served with crispy croutons and sunflower, pumpkin & mixed seeds	Green Pea Soup served with crispy croutons and sunflower, pumpkin & mixed seeds	Cream of Mushroom Soup served with crispy croutons and sunflower, pumpkin & mixed seeds	Vegetable Soup served with crispy croutons and sunflower, pumpkin & mixed seeds
MAIN MEAL OPTION	Wholemeal & white rolls Chicken Katsu	Baked bread, wholemeal & white rolls <u>Hot Sandwich of the Day</u> <i>BBQ Pulled Beef baguette</i>	Wholemeal & white rolls CHICKEN WRAPS Crispy chicken Sweet chili chicken	Baked bread, wholemeal & white rolls <u>Baked Potato Day</u> <u>Hot fillings</u> <i>Haggis in Pepper Sauce</i>	Wholemeal & white rolls Fillet of sustainable breaded haddock served with a lemon wedge & tartare sauce Oven baked cod fish fingers Breaded Chicken
VEGETARIAN OPTION	Vegetarian Burrito (v)	<i>Various Wraps Selection of cold filled sandwiches</i>	Vegetarian wrap (v)	<u>Cold Fillings</u> Cheese Coleslaw Tuna Mayonnaise	Quorn Nuggets (v) <i>Deep fried crumbed Quorn</i>
	Various panini's – choice of 3 options Mixed toasties	Houmous salad Bagel (v)	Various panini's – choice of 3 options Mixed toasties		Various panini's – choice of 3 options Mixed toasties
	Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple	Cheese & tomato Pizzini	Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple	Seasonal Tossed salad	Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple
SIDE ORDERS	Rice Baby Corn		Chef's Seasonal salad		Baked beans Chips Curry Sauce
SALAD BAR	A selection of 8 nude, protein, composite, green and simple salad options	A selection of 8 nude, protein, composite, green and simple salad options	A selection of 8 nude, protein, composite, green and simple salad options	A selection of 8 nude, protein, composite, green and simple salad options	A selection of 8 nude, protein, composite, green and simple salad options
SOMETHING SWEET	Toffee Apple crumble & cream Seasonal fruit basket Selection of probiotic yoghurts served with granola & fruit coulis	Blueberry Muffin Seasonal fruit basket Selection of probiotic yoghurts served with granola & fruit coulis	Jam & coconut sponge & custard Seasonal fruit basket Selection of probiotic yoghurts served with granola & fruit coulis	Fruit Yoghurt Seasonal fruit basket Selection of probiotic yoghurts served with granola & fruit coulis	Friday special treat Seasonal fruit basket Selection of probiotic yoghurts served with granola & fruit coulis





SENIOR LUNCH MENU - WEEK 5

Week commencing:

21.09.26

(v) vegetarian, (vg) vegan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Broth soup served with crispy croutons and sunflower, pumpkin & mixed seeds	Cream of Tomato Soup served with crispy croutons and sunflower, pumpkin & mixed seeds	Lentil soup served with crispy croutons and sunflower, pumpkin & mixed seeds	Chicken Noodle Soup served with crispy croutons and sunflower, pumpkin & mixed seeds	Cauliflower Soup served with crispy croutons and sunflower, pumpkin & mixed seeds
	Freshly baked bread, wholemeal & white rolls	Baked bread, wholemeal & white rolls	Freshly baked bread, wholemeal & white rolls	Baked bread, wholemeal & white rolls	Freshly baked bread, wholemeal & white rolls
MAIN MEAL OPTION	Steak Pie <i>Braised beef in a gravy & flaky pastry</i>	<u>Hot Sandwich of the Day</u> <i>Cajun chicken baguette</i>	<u>Pasta Day</u> <i>Pasta with various Sauces</i>	<u>Baked Potato Day</u> <u>Hot fillings</u> <i>Baked Beans</i>	Fillet of sustainable breaded haddock served with a lemon wedge & tartare sauce Oven baked cod fish fingers Breaded Chicken
VEGETARIAN OPTION	Vegetable Quiche	<i>Various Wraps</i> <i>Selection of cold filled sandwiches</i>	Vegetarian pasta(v)	<u>Cold Fillings</u> Cheese Coleslaw Tuna Mayonnaise	Bean & Squash Tagine (v)
	Various panini's – choice of 3 options Mixed toasties	Tuna & Sweetcorn Bagel	Various panini's – choice of 3 options Mixed toasties		Various panini's – choice of 3 options Mixed toasties
	Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple	Spicy Chicken Pizzini	Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple	Seasonal Tossed salad	Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple
SIDE ORDERS	Roast potatoes Peas Cabbage	Baked Potato & Cheese	Crusty roll		Baked beans Chips Curry Sauce
SALAD BAR	A selection of 8 nude, protein, composite, green and simple salad options	A selection of 8 nude, protein, composite, green and simple salad options	A selection of 8 nude, protein, composite, green and simple salad options	A selection of 8 nude, protein, composite, green and simple salad options	A selection of 8 nude, protein, composite, green and simple salad options
SOMETHING SWEET	Eves Pudding & Custard Seasonal fruit basket Selection of probiotic yoghurts served with granola & fruit coulis	Blackcurrant Jelly & Cream Seasonal fruit basket Selection of probiotic yoghurts served with granola & fruit coulis	Chocolate sponge & custard Seasonal fruit basket Selection of probiotic yoghurts served with granola & fruit coulis	Fruit Yoghurt Seasonal fruit basket Selection of probiotic yoghurts served with granola & fruit coulis	Happy Friday special treat Seasonal fruit basket Selection of probiotic yoghurts served with granola & fruit coulis





SENIOR LUNCH MENU - WEEK 6

Week commencing:

28.09.26

(v) vegetarian, (vg) vegan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Chicken Noodle Soup served with crispy croutons and sunflower, pumpkin & mixed seeds	Cream of Tomato Soup served with crispy croutons and sunflower, pumpkin & mixed seeds	Yellow Split Pea soup served with crispy croutons and sunflower, pumpkin & mixed seeds	Carrot & Coriander Soup served with crispy croutons and sunflower, pumpkin & mixed seeds	Vegetable Soup served with crispy croutons and sunflower, pumpkin & mixed seeds
	Baked bread, wholemeal & white rolls	Baked bread, wholemeal & white rolls	Baked bread, wholemeal & white rolls	Baked bread, wholemeal & white rolls	Baked bread, wholemeal & white rolls
MAIN MEAL OPTION	Mince Pie <i>Savoury mince topped with puff pastry square</i>	Hot Sandwich of the Day <i>Sweet Chilli chicken baguette</i>	CHICKEN WRAPS Crispy breaded chicken Thai green curry chicken	Baked Potato Day <u>Hot fillings</u> <i>Chilli con carni</i>	Fillet of sustainable breaded haddock served with a lemon wedge & tartare sauce Oven baked cod fish fingers Breaded Chicken
VEGETARIAN OPTION	Vegetable Bolognese (v) Chunky vegetables in a garlic, herb & tomato sauce	<i>Various Wraps</i> <i>Selection of cold filled sandwiches</i>	Vegetarian Wrap Bar (v)	<u>Cold Fillings</u> Cheese Coleslaw Tuna Mayonnaise	Vegetable nuggets (v)
	Various panini's – choice of 3 options Mixed toasties	Brie & Chilli jam Bagel	Various panini's – choice of 3 options Mixed toasties		Various panini's – choice of 3 options Mixed toasties
	Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple	Tomato & Cheese Pizzini	Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple	Seasonal Tossed Salad	Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple
SIDE ORDERS	Noisette Potatoes Peas Broccoli		Tossed salad		Baked beans Chips Curry Sauce
SALAD BAR	A selection of 8 nude, protein, composite, green and simple salad options	A selection of 8 nude, protein, composite, green and simple salad options	A selection of 8 nude, protein, composite, green and simple salad options	A selection of 8 nude, protein, composite, green and simple salad options	A selection of 8 nude, protein, composite, green and simple salad options
SOMETHING SWEET	Sultana sponge & Custard Sauce Seasonal fruit basket Selection of probiotic yoghurts served with granola & fruit coulis	Strawberry Jelly & Cream Seasonal fruit basket Selection of probiotic yoghurts served with granola & fruit coulis	Sticky toffee Pudding & toffee sauce Seasonal fruit basket Selection of probiotic yoghurts served with granola & fruit coulis	Fruit Yoghurt Seasonal fruit basket Selection of probiotic yoghurts served with granola & fruit coulis	Happy Friday special treat Seasonal fruit basket Selection of probiotic yoghurts served with granola & fruit coulis

