SENIOR LUNCH MENU - WEEK 1

Week commencing: 30.11.26

(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
	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	Meatballs *Pork meatballs in a gravy sauce*	**Hot Sandwich of the Day** *Cajun chicken baguette* *Various Wraps* *Selection 0f cold sandwiches*	**Burgers** *Crispy breaded chicken* *Beef burger*	**Baked Potato Day** Hot fillings *Chicken Curry* *Vegetable Curry*	Fillet of sustainable breaded haddock served with a lemon wedge & tartare sauce Oven baked cod fish fingers Breaded Chicken
VEGETARIAN OPTION	Quorn meatballs (v) *In a rich vegetable gravy*	Tuna & red Onion Bagels	Vegetarian burger (v)	Cold Fillings	Vegetable Nuggets (v) *Deep fried crumbed Quorn*
	Various panini's – choice of 3 options Mixed toasties		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	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: 07.11.26

(v) vegetarian, (vg) vegan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Chicken & Rice Soup served with crispy croutons and sunflower, pumpkin & mixed seeds Baked bread, wholemeal & white rolls	Cream of Tomato & Red Pepper Soup served with crispy croutons and sunflower, pumpkin & mixed seeds Baked bread , wholemeal & white rolls	Minestrone Soup served with crispy croutons and sunflower, pumpkin & mixed seeds Baked bread, wholemeal & white rolls	Cream of Chicken Soup served with crispy croutons and sunflower, pumpkin & mixed seeds Baked bread, wholemeal & white rolls	Cream of Vegetable served with crispy croutons and sunflower, pumpkin & mixed seeds Baked bread, wholemeal & white rolls
MAIN MEAL OPTION	Spaghetti bolognese *Minced beef in a rich tomato sauce served with pasta*	**<u>Hot Sandwich of the Day</u>** *Chicken Fajita baguette*	**CHICKEN WRAPS** Crispy breaded chicken BBQ chicken	**<u>Baked Potato Day</u>** <u>Hot fillings</u> *Macaroni Cheese* *With crispy onions*	Fillet of sustainable breaded haddock served with a lemon wedge & tartare sauce Oven baked cod fish fingers Breaded Chicken
VEGETARIAN OPTION	Vegetable bolognese(v) *Quorn mince in a rich tomato sauce*	*Various Wraps* *Selection of cold filled Sandwiches*	Vegetarian wraps (v)	<u>Cold Fillings</u> Cheese Coleslaw Tuna Mayonnaise	Quorn nuggets (v) *Deep fried crumbed quorn*
	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
SIDE ORDERS	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: 02.11.26

(v) vegetarian, (vg) vegan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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* *Spicy vegetable*	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 Cheese Coleslaw Tuna Mayonnaise	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		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 SWETT	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: 09.11.26

(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
	Wholemeal & white rolls	Baked bread, wholemeal & white rolls	Wholemeal & white rolls	Baked bread, wholemeal & white rolls	Wholemeal & white rolls
MAIN MEAL OPTION	Chicken Katsu	**Hot Sandwich of the Day** *BBQ Pulled Beef baguette*	**CHICKEN WRAPS** Crispy chicken Sweet chili chicken	**Baked Potato Day** Hot fillings *Haggis in Pepper Sauce*	Fillet of sustainable breaded haddock served with a lemon wedge & tartare sauce Oven baked cod fish fingers Breaded Chicken
VEGETARIAN OPTION	Vegetarian Burrito (v)	*Various Wraps* *Selection of cold filled sandwiches*	Vegetarian wrap (v)	Cold Fillings Cheese Coleslaw Tuna Mayonnaise	Quorn Nuggets (v) *Deep fried crumbed Quorn*
	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: 16.11.26

(v) vegetarian, (vg) vegan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Broth soup served with crispy croutons and sunflower, pumpkin & mixed seeds Freshly baked bread, wholemeal & white rolls	Cream of Tomato Soup served with crispy croutons and sunflower, pumpkin & mixed seeds Baked bread, wholemeal & white rolls	Lentil soup served with crispy croutons and sunflower, pumpkin & mixed seeds Freshly baked bread, wholemeal & white rolls	Chicken Noodle Soup served with crispy croutons and sunflower, pumpkin & mixed seeds Baked bread, wholemeal & white rolls	Cauliflower Soup served with crispy croutons and sunflower, pumpkin & mixed seeds Freshly baked bread, wholemeal & white rolls
MAIN MEAL OPTION	Steak Pie *Braised beef in a gravy & flaky pastry*	**<u>Hot Sandwich of the Day</u>** *Cajun chicken baguette* *Various Wraps* *Selection of cold filled sandwiches*	**Pasta Day** *Pasta with various Sauces*	**<u>Baked Potato Day</u>** <u>Hot fillings</u> *Baked Beans* <u>Cold Fillings</u>	Fillet of sustainable breaded haddock served with a lemon wedge & tartare sauce Oven baked cod fish fingers Breaded Chicken
VEGETARIAN OPTION	Vegetable Quiche	Tuna & Sweetcorn Bagel	Vegetarian pasta(v)	Cheese Coleslaw Tuna Mayonnaise	Bean & Squash Tagine (v)
	Various panini's – choice of 3 options Mixed toasties		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 Potato & Cheese	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		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: 23.11.26

(v) vegetarian, (vg) vegan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Chicken Noodle Soup served with crispy croutons and sunflower, pumpkin & mixed seeds Baked bread, wholemeal & white rolls	Cream of Tomato Soup served with crispy croutons and sunflower, pumpkin & mixed seeds Baked bread, wholemeal & white rolls	Yellow Split Pea soup served with crispy croutons and sunflower, pumpkin & mixed seeds Baked bread, wholemeal & white rolls	Carrot & Coriander Soup served with crispy croutons and sunflower, pumpkin & mixed seeds Baked bread, wholemeal & white rolls	Vegetable Soup served with crispy croutons and sunflower, pumpkin & mixed seeds Baked bread, wholemeal & white rolls
MAIN MEAL OPTION	Mince Pie *Savoury mince topped with puff pastry square*	**Hot Sandwich of the Day** *Sweet Chilli chicken baguette* *Various Wraps* *Selection of cold filled sandwiches*	**CHICKEN WRAPS** Crispy breaded chicken Thai green curry chicken	**Baked Potato Day** Hot fillings *Chilli con carni*	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 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	Brie & Chilli jam Bagel Tomato & Cheese Pizzini	Vegetarian Wrap Bar (v) 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	Cold Fillings Cheese Coleslaw Tuna Mayonnaise Seasonal Tossed Salad	Vegetable nuggets (v) 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
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