

# LUNCH MENU

EAT WELL - FEEL BETTER - LEARN MORE



Tasty

Nutritious

Delicious

Fresh



|                      | Monday                                                                                          | Tuesday                                                                                               | Wednesday                                                                                        | Thursday                                                                                              | Friday                                                                                          |
|----------------------|-------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|
| Hot Red              | <p>All Day Brunch</p> <p>Served with Hash Brown and Baked Beans</p>                             | <p>Homemade Chicken Enchiladas</p> <p>Served With Cous Cous and Broccoli</p>                          | <p>Homemade Meatballs in Tomato Sauce with Pasta</p> <p>Served with Garlic Bread and Carrots</p> | <p>Homemade Katsu Style Curry</p> <p>Served with Steamed Rice and Sweetcorn</p>                       | <p>Oven Baked Jumbo Fish Finger</p> <p>Served with Oven Chips and Peas</p>                      |
| Hot Green Vegetarian | <p>Vegetarian Brunch</p> <p>Served with Hash Brown and Baked Beans</p>                          | <p>Homemade Cheese and Bean Turnover</p> <p>Served With Cous Cous and Broccoli</p>                    | <p>Homemade Oven Baked Gnocchi in Tomato Sauce</p> <p>Served with Garlic Bread and Carrots</p>   | <p>Homemade Mexican Five Bean Wrap</p> <p>Served with Steamed Rice and Sweetcorn</p>                  | <p>Oven Baked Quorn Nuggets</p> <p>Served with Oven Chips and Peas</p>                          |
| Jacket               | Hot Jacket Potato Served Daily with Veg & Filled with a choice of Baked Beans or Cheese         |                                                                                                       |                                                                                                  |                                                                                                       |                                                                                                 |
| Sandwich Option      | <p>Freshly Baked Baguette with Ham or Cheese</p> <p>Served with Tortilla Chips and Coleslaw</p> | <p>Fresh Wrap Filled with Chicken Goujon or Cheese</p> <p>Served with Tortilla Chips and Coleslaw</p> | <p>Freshly Baked Baguette with Ham or Cheese</p> <p>Served with Tortilla Chips and Coleslaw</p>  | <p>Fresh Wrap Filled with Chicken Goujon or Cheese</p> <p>Served with Tortilla Chips and Coleslaw</p> | <p>Freshly Baked Baguette with Ham or Cheese</p> <p>Served with Tortilla Chips and Coleslaw</p> |
| Dessert              | <p>Ice Cream with Fruit Cocktail</p> <p>Fresh fruit</p> <p>Yoghurt</p>                          | <p>Homemade Chocolate Brownie</p> <p>Fresh Fruit</p> <p>Yoghurt</p>                                   | <p>Homemade Fruit Crumble Slice</p> <p>Fresh Fruit</p> <p>Yoghurt</p>                            | <p>Homemade Fruit Salad</p> <p>Fresh Fruit</p> <p>Yoghurt</p>                                         | <p>Homemade Cheesecake</p> <p>Fresh Fruit</p> <p>Yoghurt</p>                                    |

Contact the Office for all Dietary and Allergy related questions.