**LUNCH MENU Week 1**

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|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **SOUP** | Tomato & fennel | Broccoli | Carrot & ginger | Sweet potato & spinach | Mushroom |
| **MAIN COURSE 1** | Cumberland sausages with gravy | Chilli corn carne | Pork meatballs with spaghetti & tomato sauce | Moroccan chicken tagine | Mac ‘n’ cheese |
| **MAIN COURSE 2** | Leek, onion & cheese sausages with gravy | Vegetarian tortilla bake with cheddar crust | Gnocchi with leek, fennel and chestnut  mushrooms | Chickpea falafel with tzatziki | Thai green fish & king prawn curry |
| **ON THE SIDE** | Mash potato  Baby carrots  Cauliflower  Sliced baguette | Steamed rice  Green beans  Sweetcorn  Sliced baguette | Steamed rice  Baby carrots  Broccoli  Sliced baguette | Couscous  Baked carrots & cauliflower  Courgette  Sliced baguette | Garlic bread  Steamed rice  Garden peas  Broccoli |
| **PASTA BAR** | Penne with tomato & basil sauce | Gramigna with napoli sauce | Whole wheat fusilli with arrabbiatta sauce | Cavatappi with tomato & oregano sauce | Fusilli with puttanesca sauce |
| **JACKET POTATO** | Baked beans & cheddar cheese | Baked beans & cheddar cheese | Baked beans & cheddar cheese | Baked beans & cheddar cheese | Baked beans & cheddar cheese |
| **SALAD BAR** | French beans, black olives, roast red pepper  Bulgur wheat, cherry tomato, iceberg lettuce  Tomato wedges  Sliced cucumber  Crisp iceberg | Baby gem, radish, cucumber  New potato, spring onion, black olive  Vine tomato  Sliced cucumber  Baby gem | Grated carrot, corn & raisin  Vegetable & soy noodle    Tomato wedges  Sliced cucumber  Crisp iceberg | Beetroot, baby spinach  Super green bean  Beef tomato  Sliced cucumber  Cos lettuce | Zesty couscous, diced cucumber, roast red pepper  Rocket, cherry tomato, bocconcini  Tomato wedges  Sliced cucumber  Crisp iceberg |
| **SOMETHING SWEET - HOT** | Banana cake with vanilla custard | Classic vanilla cake with custard | Sticky toffee pudding with vanilla custard | Plum & cinnamon cake with custard | Honey yoghurt cake with custard |
| **SOMETHING SWEET - COLD** | Chocolate mousse | Honey yoghurt & home made granola | Vanilla sponge cake & cream | Chocolate mousse | Honey yoghurt & home made granola |
| **EVERYDAY** | Fresh fruit salad pots - Fruit jelly pots | | | | |