**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 chestnutmushrooms | Chickpea falafel with tzatziki | Thai green fish & king prawn curry |
| **ON THE SIDE** | Mash potatoBaby carrotsCauliflowerSliced baguette | Steamed riceGreen beansSweetcornSliced baguette | Steamed riceBaby carrotsBroccoliSliced baguette | CouscousBaked carrots & cauliflowerCourgetteSliced baguette | Garlic breadSteamed riceGarden peasBroccoli |
| **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 pepperBulgur wheat, cherry tomato, iceberg lettuceTomato wedgesSliced cucumberCrisp iceberg | Baby gem, radish, cucumber New potato, spring onion, black oliveVine tomatoSliced cucumberBaby gem | Grated carrot, corn & raisinVegetable & soy noodle Tomato wedgesSliced cucumberCrisp iceberg | Beetroot, baby spinachSuper green beanBeef tomatoSliced cucumberCos lettuce | Zesty couscous, diced cucumber, roast red pepperRocket, cherry tomato, bocconciniTomato wedgesSliced cucumberCrisp 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 |