

SENIOR LUNCH WEEK 3

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Soup Of The Day	Soup Of The Day	Soup Of The Day	Soup Of The Day	Soup Of The Day
Our Daily Freshly Made Soup Is Served With Wild Farm Bread, Croutons And A Selection Of Toppings					
MAIN MEALS TO NOURISH, NURTURE AND SUSTAIN	Lentil And Chickpea Cholar Dal, Cucumber And Coriander Topping	Selection Of Flavored Butchers Sausages With Sticky Onions	Slow Cooked Beef Ragu With Fresh Herbs And Parmesan Cheese	Yakitori Glazed Chicken Thighs, Carrot And Toasted Coconut Salad	Omega-3 Fish Finger Wraps With Lemon And Tartare Sauce
	Saag Paneer With Toasted Cumin Seeds	Plant Based Sausages With Sticky Onions	Mixed Vegetable, Mushroom And Lentil Lasagne	Sweet Chilli Glazed Tofu With Coriander And Spring Onion	Sweet Potato And Chickpea Kofte Wraps With Tzatziki
SIDES	 Bengali Butter Rice With Naan Breads Crushes Peas With Chilli And Mint Poppadom And Mango Chutney	Champ Mashed Potatoes Rich Gravy Vichy Carrots	Freshly Baked Garlic Bread Pesto Green Beans Baked Aubergine	Stir Fried Noodles Chinese Cabbage Prawn Crackers	Skin On Fries Baked Beans Peas
JACKETS & PASTA	Jacket Or Sweet Potato With Baked Beans And Grated Cheesed Or 50/50 Pasta With Tomato & Pea Protein Sauce				
DESSERT	Apple, Pear And Cinnamon Crumble With Vanilla Custard Fruit Pots	Lemon Drizzle Cake Low Sugar Fruit Jelly	Boost It Cocoa Fudge Fruit Pots	Coconut And Vanilla Rice Pudding With Mango Compote Low Sugar Fruit Jelly	Steamed Jam And Coconut Sponge With Custard Fruit Pots
EVERY DAY	Daily Selection Of Yoghurts With Fruit Coulis Topped With Granola, Whole Fresh Fruit				