

Week 3

LUNCH



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Mushroom and tarragon	Carrot and coriander	Tomato and watercress	Parsnip	Leek and potato
	Freshly made soup is served with bread, herby croutons and a selection of toppings (crispy onion, sunflower or pumpkin seeds)				
MAIN MEAL 1	Pork and herb sausage rings with thyme gravy	Chilli con carne with pinto beans	Garlic and herb roasted chicken with all trimmings	South Indian pork curry	King prawn and grilled courgette paella
MAIN MEAL 2	Glamorgan veggie sausages (v)	Mixed bean & roasted vegetable enchiladas with mixed leaf salad (v)	Riso gateau with crispy cheese topping (v)	Cauliflower, chickpea, root vegetable curry (v)	Mushroom and broccoli pasta bake (v)
SIDES	Mashed potato	Braised rice	Herb new potato	Turmeric rice	Crispy garlic bread
	Hispi cabbage	Roasted carrots	Roasted cauliflower	Roasted cauliflower	Steamed carrot and garden peas
	Roasted carrots	Steamed garden peas	Steamed green beans	Steamed broccoli	
SALADS	Pearl barley, butternut squash, edamame beans	Giant couscous, cucumber, tomato, parsley	Asian slaw	Baby gem, cucumber, green bean, pea	Butternut squash, tomato, peas
	Garden pea, courgette, baby spinach	Mediterranean vegetable, feta, oregano	Five bean, roasted courgette, pepper, rocket	Black-eyed bean, bell pepper, courgette, mint	Rocket, tomato, olive, parmesan shavings
EVERY DAY	Our daily offer includes extra 3 simple salads (lettuce, tomato, cucumber) as well as daily options of pasta and jacket potatoes				
DESSERTS	Chocolate and beetroot cake with rich chocolate custard	Mixed spice cake with rich toffee sauce	Lemon drizzle cake with vanilla custard	Banana and mixed spice sponge with custard	Vanilla sponge with custard
ALTERNATIVE DESSERT	A daily selection of our new cold dessert pots including freshly cut fruit, jellies and yoghurts				