



## Lunchtime Menu – 1<sup>st</sup> November-17<sup>th</sup> December 2021

(MF) Monday 1<sup>st</sup>  
Veggie Burger & Wedges

Tuesday 2<sup>nd</sup>  
Spaghetti Bolognese & Garlic Bread

(R )Wednesday 3<sup>rd</sup>  
Roast Chicken w/ Accompaniments

(S) Thursday 4<sup>th</sup>  
Japan  
Sushi & Tempura Vegetables

(T) Friday 5<sup>th</sup>  
Fish & Chips

(MF) Monday 8<sup>th</sup>  
Lentil & Cauliflower Curry, Naan & Poppadom

Tuesday 9<sup>th</sup>  
Cottage Pie & Vegetables

(R )Wednesday 10<sup>th</sup>  
Roast Beef w/ Accompaniments

(S) Thursday 11<sup>th</sup>  
Vietnam  
Pho & Vietnamese Spring Roll

(T) Friday 12<sup>th</sup>  
Souvlaki w/ Wraps



(MF) Monday 15<sup>th</sup>  
Vegetable Pie & Dauphinoise

Tuesday 16<sup>th</sup>  
Lasagne & Garlic Bread

(R) Wednesday 17<sup>th</sup>  
Roast Turkey w/ Accompaniments

(S) Thursday 18<sup>th</sup>  
China  
Chow Mien

(T) Friday 19<sup>th</sup>  
Battered Sausage w/Chips & Curry Sauce

(MF) Monday 22<sup>nd</sup>  
Mac & Cheese

Tuesday 23<sup>rd</sup>  
Chicken Stew & Dumplings

(R) Wednesday 24<sup>th</sup>  
Roast Pork Belly w/Accompaniments

(S) Thursday 25<sup>th</sup>  
South Korea  
Korean Fried Chicken w/Kimchi Fried Rice

(T) Friday 26<sup>th</sup>  
Mussels & Frites

(MF) Monday 29<sup>th</sup> Staff Training Day  
Vegetable Lasagne

Tuesday 30<sup>th</sup>  
Sausage Casserole

(R) Wednesday 1<sup>st</sup>  
Roast Chicken w/ Accompaniments



(S) Thursday 2<sup>nd</sup>  
Singapore  
Hainesse Chicken

(T) Friday 3<sup>rd</sup>  
Sweet & Sour Chicken w/Take Away Starters

(MF) Monday 6<sup>th</sup>  
Vegetable Spaghetti Bolognese

Tuesday 7<sup>th</sup>  
Chicken & Leek Pie w/ Mash

(R)Wednesday 8<sup>th</sup>  
Roast Gammon w/Accompaniments

(S) Thursday 9<sup>th</sup>  
Thailand  
Gaeng Keow Wan Gai – Thai Green Curry

(T) Friday 10<sup>th</sup>  
Croque Monsieur & Fries

(MF) Monday 13<sup>th</sup>  
Vegetable Tagine w/ Cous Cous

Tuesday 14<sup>th</sup>  
Sausage & Mash w/ Vegetables

(R )Wednesday 15<sup>th</sup>  
Roast Pork Loin w/ Accompaniments

(S) Thursday 16<sup>th</sup>  
Philippines  
Adobo

(T) Friday 17<sup>th</sup>  
!!! Xmas Dinner !!!



There will always be Jacket Potatoes and a \*salad section consisting of choices such as -  
pasta, cous, coleslaw, leaves, tomatoes, cucumber, etc  
\*Covid Permitted – we will work on offering this but in a safer manner

A vegetarian option will be available each day on request – I have chosen to do it this way as more products come onto the market through our suppliers and to try and reduce wastage.

There will be vegetables on offer at all meals either as a side or in the main meal – this will exceed guidelines and we will offer a minimum of 4 plus different vegetable over a week

S = Special Day – Country Theme (Thursday)

To aid in the learning about other cultures through food choices. These are by no means an exact replica of what would be found in the chosen country but are a good representative and we try our best to make it as authentic as possible.

MF = Meat Free (Monday)

To help inform the students the impact meat has on the environment and personal health.

R = Roast Day (Wednesdays)

Wednesdays will be a roast day which will offer familiarity and difference as the roast choice will change but the meal will stay the same

T = Treat Day (Fridays)

Fridays will be a kind of treat day where I will try and involve 'junk' food but with a healthier twist where possible.

Special Breakfasts

Monday – Hot Chocolate & Marshmallows – Great way to start the week in the right way

Wednesdays – Bacon / Sausage Baps – A break from the norm and a good treat to look forward to midweek.

The menu is subject to change due to unforeseen circumstances that may be out of our control such as ingredients not being available.