

LUNCH MENU WEEK ONE
AUTUMN/WINTER 2022

MAKE
GOOD CHOICES.



	Green Earth Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Pea & Mint Soup	Tomato Soup	Sweet Potato Soup	Vegetable Soup	Curried Cauliflower Soup
Star Dish	Mac n Cheese Topped with Cajun Vegetables	Shepherd's Pie Topped with Sweet Potato	Roast of the Day with Traditional Accompaniments	Chicken Balti Curry Wholegrain Rice, Naan & Onion Salad	Battered Sustainably Sourced Fish with Chips
Veggie & Vegan	Baked Smoky Veggie Tortilla*	Veggie Shepherd's Pie*	Roasted Vegetable & Lentil Loaf (Ve)	Squash & Chickpea Balti Curry, Rice, Naan & Onion Salad (Ve)	Homemade Onion Bhaji Burger & Onion Chutney (Ve)
Grab & Go	Veggie Sausage & Tomato Pasta (Ve)	Bangers & Mash with Red Onion Gravy & Crispy Onions	Pesto & Spinach Pasta	BBQ Chicken & Vegetable Burrito	Margherita or Pepperoni Pizza Slice
Veggies	Broccoli, Carrots, Baked Beans, Mixed Garden Salad	Green Cabbage, Garden Peas, Baked Beans, Mixed Garden Salad	Roast Potatoes, Carrots & Cauliflower, Baked Beans, Mixed Garden Salad	Bombay Potato, Chana Dhal, Baked Beans, Mixed Garden Salad	Chipped Potatoes, Mushy Peas, Baked Beans, Mixed Garden Salad
Dessert	Hot Dessert of the Day	Hot Dessert of the Day	Hot Dessert of the Day	Hot Dessert of the Day	Hot Dessert of the Day
Available Daily	Filled Baked Potatoes, Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps, Fresh Salads. Fresh Fruit Salad, Hot & Cold Drinks				

(Ve) vegan option, *vegan option available upon request

LUNCH MENU WEEK TWO
AUTUMN/WINTER 2022

MAKE
GOOD CHOICES.

	Green Earth Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Tomato Soup	Sweetcorn Soup	Cauliflower Soup	Carrot Soup	Leek & Potato Soup
Star Dish	Spicy Veggie Keema Curry with Rice & Mini Naan (Ve)	Bangers & Mash (Pork or Chicken) Onion Gravy	Roast of the Day with Traditional Accompaniments	Thai Red Chicken Curry with Rice & Coriander Naan	Battered Sustainably Sourced Fish with Chips
Veggie & Vegan	Sweet Potato Falafel, Flat Bread, Salad & Tomato Salsa (Ve)	Veggie Sausages & Mash, Onion gravy (Ve)	Cheesy Leek & Potato Pie	Thai Red Vegetable Curry with Wholegrain Rice & Coriander Naan (Ve)	Baked Cheese, Onion & Spiced Tomato Jacket Skins
Grab & Go	Penna Pasta with Arabbiatta Tomato Sauce & Garlic bread (Ve)	Jamaican Chicken, Rice & Peas	Sweet Chilli Chicken & Vegetable Noodles	Tuna, Salmon Pasta in a Creamy Sauce	Piri Piri Spiced Chicken Burger with Slaw
Veggies	Peas, Roasted Cumin Carrots, Baked Beans, Mixed Garden Salad	Sweetcorn, Carrots, Baked Beans, Mixed Garden Salad	Roast Potatoes, Carrots, Green Cabbage, Baked Beans, Mixed Garden Salad	Sweetcorn, Garlic Green beans, Baked Beans, Mixed Garden Salad	Chipped Potatoes, Mushy Peas, Baked Beans, Mixed Garden
Dessert	Hot Dessert of the Day	Hot Dessert of the Day	Hot Dessert of the Day	Hot Dessert of the Day	Hot Dessert of the Day
Available Daily	Filled Baked Potatoes, Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps, Fresh Salads. Fresh Fruit Salad, Hot & Cold Drinks				

(Ve) vegan option, *vegan option available upon request

LUNCH MENU WEEK THREE
AUTUMN/WINTER 2022

MAKE
GOOD CHOICES.

	Green Earth Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Tomato Soup	Lentil Soup	Minestrone Soup	Tuscan Bean Soup	Potato & Parsley Soup
Star Dish	Vegetable Meatballs with Herb & Tomato Sauce & Penne Pasta	Naked Chicken Katsu with Rice & Pickled Veg	Roast of the Day with Traditional Accompaniments	Moroccan Chicken Tagine with Lemon & Garlic Cous Cous	Battered Sustainably Sourced Fish with Chips
Veggie & Vegan	Roasted Pepper & Mozzarella Rice Balls	Sweet Potato Katsu, Rice & Pickled Veg	Roasted Root Vegetable Pie	Moroccan Chickpea & Lemon Tagine Stew (Ve)	Panini Pizza with Feta Cheese & Tomato
Grab & Go	Butternut, Feta Cheese, Pea & Mint Frittata	Kung Poa Chicken Noodle	Falafel Wrap with Mango Salad & Minted Yoghurt	Spicy Lamb Ragout Stew Topped with Diced Potatoes & Crispy Onions	BBQ Korean Spiced Vegetable Mince Rice Pot
Veggies	Sweetcorn & Pepper, Broccoli, Baked Beans, Mixed Garden Salad	Roasted Veg, Green Beans, Baked Beans, Mixed Garden Salad	Roast Potatoes, Carrots, Broccoli, Baked Beans, Mixed Garden Salad	Carrots, Cauliflower, Spiced Diced Potatoes, Baked Beans, Mixed Garden Salad	Chipped Potatoes, Garden Peas, Baked Beans, Mixed Garden Salad
Dessert	Hot Dessert of the Day	Hot Dessert of the Day	Hot Dessert of the Day	Hot Dessert of the Day	Hot Dessert of the Day
Available Daily	Filled Baked Potatoes, Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps, Fresh Salads. Fresh Fruit Salad, Hot & Cold Drinks				

(Ve) vegan option, *vegan option available upon request