**Lunch Menu Week 1 September 2009**

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| **Soup** | Roasted Butternut Squash | Chunky Autumn vegetable soup | Tomato Soup | Curried Parsnip Soup | Leek & Potato | Carrot Soup | |
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| **Main** | Moroccan Lamb<br><br>Roasted Mediterranean Vegetables with Cous-cous | Pork Sausages<br>Creamed Potatoes<br>Sweetcorn<br><br>Petit pois<br><br>Gravy | Chicken Jalfrezi<br><br>Pilau Rice<br><br>Poppadoms<br><br>Dips | Beef & Guinness Cobbler<br><br>Colcannon Potatoes<br><br>Steamed Broccoli & Cauliflower | Battered Haddock<br><br>Chips<br><br>Mushy Peas<br>Petit Pois<br>Lemon Wedges<br>Tartar Sauce | PIZZA<br><br>Salads<br><br>Jacket Wedges | Bacon, sausage, mushrooms, tomatoes, hash browns, scrambled, poached & fried eggs, fried bread baked beans, toast & preserves<br>Continental table |
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| **Vegetarian** | Courgette & Spicy Tomato Canneloni | Fried aubergine stacks with parmesan, chilli and tomato | Potato & Spinach& Jalfrezi | Ratatouille & Feta Cheese Cobbler | Pancakes filled with spinach, leek mozzarella & fresh herbs | | |
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| **Pasta with garlic bread, fresh parmesan & herbs** | Tomato & basil<br><br>Lasagne | Cheese sauce<br><br>Pepperonata | Bolognaise<br><br>Tomato & Basil | Macaroni Cheese<br><br>Tomato Chicken & Chorizo | Tomato & bacon<br><br>Cheese Sauce | | |
| | | | | | | | |
| **Jacket potatoes** | Beans<br>Cheese | Tuna Mayo<br>Chilli Con Carne | Beans<br>Cheese | Grated Cheese<br>Coronation Chicken | Beans<br>Cheese | | |
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| **Filled breads** | A selection of fresh breads with 3 different filling choices daily | A selection of fresh breads with 3 different filling choices daily | A selection of fresh breads with 3 different filling choices daily | A selection of fresh breads with 3 different filling choices daily | A selection of fresh breads with 3 different filling choices daily | | |
| **Salad** | Lettuce, Tomato, Cucumber, Coleslaw, Grated carrot, Four composite salads, dressings, croutons & bacon bits | | | | | | |
| **Desserts** | Apple Crumble & Custard | Double Chocolate Muffins | Bread & Butter Pudding<br>Cream | Ginger Sponge & Custard | Flapjack | Cookies & Muffins | |
| | Homemade yoghurt<br>Fruit Table | Homemade yoghurt<br>Fruit Table | Homemade yoghurt<br>Fruit Table | Homemade yoghurt<br>Fruit Table | Homemade yoghurt<br>Fruit Table | Homemade yoghurt<br>Fruit Table | Homemade yoghurt<br>Fruit Table |

**Lunch Menu Week 2 September 2009**

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| **Soup** | Creamy vegetable | Broccoli & stilton | Mushroom | Carrot | Cream of Chicken | Tomato Soup | |
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| **Main** | Pan Fried Turkey Dusted with Lemon Zest & Crushed Black Pepper<br><br>Buttered Tagliatelle<br><br>Sautéed Vegetables | Braised Lamb in Red Wine with Cherry Tomatoes<br><br>Duchess Potatoes<br><br>Glazed Carrots<br><br>Cauliflower cheese | Sweet & Sour Pork<br><br>Rice<br><br>Chinese Style Cabbage | Chicken Pie<br><br>New Potatoes<br><br>Baton Carrots Broccoli<br><br>Gravy | Grilled Salmon with Teriyaki & Sesame Seeds<br><br>Wild Rice<br><br>Three Peas Stir Fried | Homemade Sausage Roll<br><br>Baked Beans<br><br>Chips | Bacon, sausage, mushrooms, tomatoes, hash browns, scrambled, poached & fried eggs, fried bread baked beans, toast & preserves Continental table |
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| **Vegetarian** | Tomato & Mozzarella Tarts | Goats cheese crostini With red onion marmalade | Vegetable Tempura With a Dipping Sauce | Fennel, spinach and potato bake topped with gruyere cheese | Falafel served in Pitta Bread with Leaves & Houmous | | |
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| **Pasta & garlic bread** | Bolognaise<br><br>Macaroni Cheese | Leek & Smoked Bacon Pepperonata | Creamy Chicken<br><br>Tomato & Basil | Carbonara<br><br>Spinach & Ricotta Canneloni | Spicy Meat Balls with Tagliatelle<br><br>Tomato & Basil | Bolognaise<br><br>Tomato & Basil | |
| | | | | | | | |
| **Jacket potatoes** | Cheese<br>Beans | Grated Cheese<br>Chicken Sweetcorn & Mayonnaise | Cheese<br>Beans | Tuna Mayo<br>Chilli Con Carne | Beans<br>Cheese | | |
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| **Filled breads** | . | | . | | | | |
| **Salad** | Lettuce, Tomato, Cucumber, Coleslaw, Grated carrot, Four composite salads, dressings, croutons & bacon bits | | | | | | |
| **Desserts** | Chocolate Sponge & Vanilla Sauce | Rice Pudding With Jam Sauce | Strawberry Cheesecake | Giant Oat Cookies | Chocolate Fudge Cake | Cookies & Muffins | |
| | Homemade yoghurt Fruit Table | Homemade yoghurt Fruit Table | Homemade yoghurt Fruit Table | Homemade yoghurt Fruit Table | Homemade yoghurt Fruit Table | Homemade yoghurt Fruit Table | Homemade yoghurt Fruit Table |

**Lunch Menu Week 3 September 2009**

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| **Soup** | Tomato & Roasted Sweet Potato | Chicken & Sweetcorn | Cream of Onion | Minestrone | Roasted Root Vegetable | Chicken Soup | |
| | | | | | | | |
| **Main** | Beef Madras<br>Pilau Rice<br>Naan Breads<br>Dips | Roasted Maple Syrup Marinated Bacon Loin<br>Bubble & Squeak Rosti<br>Green Beans & Carrots<br>Gravy | Steak & Ale Pie<br>Champ Potatoes<br>Roasted Root Vegetables<br>Gravy | Breaded Chicken Kiev<br>Tomato Sauce<br>Savoury Rice & Vegetables Stir Fried | Smoked Haddock Rarebit<br>Spicy Wedges<br>Stir Fried Three Peas | Homemade Lasagne<br>Tossed Salads<br>Garlic Slice | Bacon, sausage, mushrooms, tomatoes, hash browns, scrambled, poached & fried eggs, fried bread baked beans, toast & preserves<br>Continental table |
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| **Vegetarian** | Aubergine & Okra Madras | Dolcelatte & Leek Galette | Goats Cheese & Red Pepper Lasagne | Butternut Squash, Tomato & Mozzarella Bake | Cheese Rarebit | | |
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| **Pasta with garlic bread, fresh parmesan & herbs** | Tomato & basil<br>Carbonara | Cheese sauce<br>Bolognaise | Pepperonata<br>Chicken & Chorizo | Macaroni Cheese<br>Spicy Beef Ham & Pepperoni | Spicy Tomato<br>Lasagne | | |
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| **Jacket potatoes** | Beans<br>Cheese | Coronation Chicken<br>Cheese | Beans<br>Cheese | Tuna Mayo<br>Chilli Con Carne | Beans<br>Cheese | Beans<br>Cheese | |
| | | | | | | | |
| **Filled breads** | A selection of fresh breads with 3 different filling choices daily | A selection of fresh breads with 3 different filling choices daily | selection of fresh breads with 3 different filling choices daily | A selection of fresh breads with 3 different filling choices daily | A selection of fresh breads with 3 different filling choices daily | | |
| **Salad** | Lettuce, Tomato, Cucumber, Coleslaw, Grated carrot, Four composite salads, dressings, croutons & bacon bits | | | | | | |
| **Desserts** | Bakewell Tart & Custard | Profiteroles & Caramel Sauce | Chocolate & Orange Cake | Triple Chocolate Cookies | Treacle Sponge & Custard | Cookies & Muffins | |
| | Homemade yoghurt Fruit Table | Homemade yoghurt Fruit Table | Homemade yoghurt Fruit Table | Homemade yoghurt Fruit Table | Homemade yoghurt Fruit Table | Homemade yoghurt Fruit Table | Homemade yoghurt Fruit Table |