

Lunch 1

Weeks beginning 20 Sept, 11 October, 1 November, 22 November, 13 December

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Mushroom Risotto Soup (Vegan)	Thai Red Vegetable Curry (Vegan)	Curried Carrot and Wild Rice (Vegan)	Tomato, Pepper and Basil (Vegan)	Root Vegetable and Pearl Barley (Vegan)
Option 1	Pulled Jackfruit and Lentil Curry Baked Lemon and Ginger Rice Poppadom (Vegan)	Roasted Vegetable and Mixed Bean Chilli Coconut and Lime Yoghurt Rice Smashed Avocado (Vegan)	Roasted Vegetarian Sausages and Red Onions with Onion Gravy and Yorkshire Puddings Pickled Red Cabbage Broccoli (Vegan)	Courgette, Carrot and Quinoa Vegetable Cakes with Spiced Tomato Compote (Vegan)	Battered Banana Blossom and Wakame and Chips Peas with Olive Oil and Mint Lemon Wedges Vegan Tartare Sauce (Vegan)
Option 2	Squash, Feta and Spinach Layered Pie Roasted New Potatoes and Green Vegetables (V)	Coronation Chicken and Broccoli Bake Basmati Rice Tomato, Cucumber, Red Onion and Roquette Salad	Maple and Ginger Glazed Roast Pork Pickled Red Cabbage Roasted Apple and Pear Sauce Herb and Parmesan Roast Potatoes	Chicken, Leek and Mushroom Pie Crushed Potatoes Green Vegetables	Fish and Chips Peas with Olive Oil and Mint Lemon Wedges Tartare Sauce
Salad Box 1	Char-grilled Cauliflower Caesar Salad (Vegan)	Char-grilled Cauliflower Caesar Salad (Vegan)	Giant Cous Cous, Falafel and Hummus Salad Box (Vegan)	Giant Cous Cous, Falafel and Hummus Salad Box (Vegan)	
Salad Box 2	Avocado, Mozzarella and Spiced Freekah Salad (V)	Avocado, Mozzarella and Spiced Freekah Salad (V)		Miso and Tahini Noodle Salad with Pan-fried Tofu (Vegan)	Miso and Tahini Noodle Salad with Pan-fried Tofu (Vegan)
Salad Box 3		Salmon and Mango Noodle Salad	Salmon and Mango Noodle Salad	Italian-style Chicken Salad and Pasta Box	Italian-style Chicken Salad and Pasta Box
Dessert	Chocolate and Berry Cake (Vegan)	Lemon Tart with Cream and Berries (V)	Apple and Blackberry Crumble with Oats and Seeds Vanilla and Oat Custard (Vegan)	Blackberry and Lemon Fool Home-baked Biscuits (V)	Brown Sugar Meringues with Hazelnut and Blueberry Cream (V)

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Option 1	Baked Mac and Cheese Green Salad (Vegan)	Roasted Red Pepper and Vegan Halloumi Burgers Spiced Potato Wedges (Vegan)	Homemade Vegan Aubergine and 'Feta' Pizza (Vegan)	Bombay Aubergine and Potato Curry Basmati Rice Naan Bread (Vegan)	Black Bean and Courgette Enchiladas with Avocado and Plum Tomato Salsa (Vegan)
Option 2	Ricotta and Spinach Empanadas (V)	Lamb and Harissa Burgers with Tzatziki Spiced Potato Wedges	Homemade Salami and Chorizo Pizza	Slow Cooked Lamb Shoulder and Toasted Coconut Curry	Pulled Pork, Cheese and Mixed Bean Quesadillas
Salad Box 1	Char-grilled Cauliflower Caesar Salad (Vegan)	Char-grilled Cauliflower Caesar Salad (Vegan)	Giant Cous Cous, Falafel and Hummus Salad Box (Vegan)	Giant Cous Cous, Falafel and Hummus Salad Box (Vegan)	
Salad Box 2	Avocado, Mozzarella and Spiced Freekah Salad (V)	Avocado, Mozzarella and Spiced Freekah Salad (V)		Miso and Tahini Noodle Salad with Pan-fried Tofu (Vegan)	Miso and Tahini Noodle Salad with Pan-fried Tofu (Vegan)
Salad Box 3		Salmon and Mango Noodle Salad	Salmon and Mango Noodle Salad	Italian-style Chicken Salad and Pasta Box	Italian-style Chicken Salad and Pasta Box
Dessert	Coconut and Almond Panna Cotta with Grilled Pineapple and Passion Fruit (Vegan)	Chocolate and Coffee Meringue Roulade (V)	Tiramisu (V)	Ras al Hanout, Buttermilk and Rose Loaf Cake (V)	Chocolate Banoffee Pie (V)

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Lunch 2

Weeks beginning 27 September, 18 October, 8 November, 29 November

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Mulligatawny (Vegan)	Cannellini Bean with Roquette and Almond Pesto (Vegan)	Potato and Leek (Vegan)	Sweet Potato Coconut Dahl (Vegan)	Miso, Tofu and Vegetable (Vegan)
Option 1	Vegetarian Haggis Hotpot with Roasted Root Top Green Vegetables (Vegan)	Tofu, Pak-chouy and Beansprouts in Black Bean Sauce Rice (Vegan)	Beetroot and Shallot Tatin with Garlic and Lemon Gremolata (Vegan)	Preserved Lemon, Roasted Vegetable and Chickpea Tagine With Warm Herb Bulgur Wheat (Vegan)	Porcini Mushroom and Quinoa Meatballs in Roasted Vegetable Sauce Gremolata Crushed Potatoes Green Vegetables (Vegan)
Option 2	Aubergine, Halloumi and Harissa Bake (V)	Chicken Chasseur Rice Steamed Savoy	Roasted Lamb with Mediterranean Vegetable Caponata Roast New Potatoes Olive Oil Fine Beans	Slow-cooked Sweet and Sour Pork Rice Steamed Green Vegetables	Cod Fishcakes in Tomato and Basil Sauce Crushed Potatoes Green Vegetables
Salad Box 1	Wild Rice Salad with Pomegranates, Nuts, Fresh Herbs, with Mint and Pea Fritters (Vegan)	Wild Rice Salad with Pomegranates, Nuts, Fresh Herbs, with Mint and Pea Fritters (Vegan)	Crunchy Thai, Cashew and Quinoa Salad (Vegan)	Crunchy Thai, Cashew and Quinoa Salad (Vegan)	
Salad Box 2	Asparagus, Duck Egg and Watercress Salad Box with Ciabatta Croutons (V)	Asparagus, Duck Egg and Watercress Salad Box with Ciabatta Croutons (V)		Halloumi and Roasted Fig Salad with Giant Cous Cous and Pomegranate (V)	Halloumi and Roasted Fig Salad with Giant Cous Cous and Pomegranate (V)
Salad Box 3		Salmon, Feta and Spinach Pasta	Salmon, Feta and Spinach Pasta	Chicken and Sausage Jambalaya Salad Box	Chicken and Sausage Jambalaya Salad Box
Dessert	Chocolate Mousse Cake (Vegan)	Sticky Ginger Cake with Ginger Sauce and Cream (V)	Berry Streusel Bars (V)	Winter Fruit Tarte Tatins with Ginger Cream (V)	Peanut Butter Chocolate Brownies with Yoghurt Cream (V)

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Soup	Mulligatawny (Vegan)	Cannellini Bean with Roquette and Almond Pesto (Vegan)	Potato and Leek (Vegan)	Sweet Potato Coconut Dahl (Vegan)	Miso, Tofu and Vegetable (Vegan)
Option 1	Three Mushroom and Shallot Bourguignon with Herb Dumplings New Potatoes and Steamed Vegetables (Vegan)	Roasted Chickpea and Vegetable Gyros with Tzatziki and Pickled Vegetables (Vegan)	Spinach, Onion and Mushroom Pide (Vegan)	Aubergine and Tofu Katsu Curry Sticky Rice (Vegan)	Jackfruit and Coconut Quesadillas with Coconut and Lime Yoghurt and Guacamole (Vegan)
Option 2	Spinach and Feta Cannelloni Mixed Salad Garlic and Mozzarella Garlic Bread (V)	Korean Style Pork Burgers with Kimchi Slaw Skinny Fries	Lamb, Tomato and Herb Pide	Chicken Katsu Curry Sticky Rice	Turkey, Pepper and Turtle Bean Enchiladas with Sour Cream and Guacamole
Salad Box 1	Wild Rice Salad with Pomegranates, Nuts, Fresh Herbs served with Mint and Pea Fritters (Vegan)	Wild Rice Salad with Pomegranates, Nuts, Fresh Herbs served with Mint and Pea Fritters (Vegan)	Crunchy Thai, Cashew and Quinoa Salad (Vegan)	Crunchy Thai, Cashew and Quinoa Salad (Vegan)	
Salad Box 2	Asparagus, Duck Egg and Watercress Salad Box with Ciabatta Croutons (V)	Asparagus, Duck Egg and Watercress Salad Box with Ciabatta Croutons (V)		Halloumi and Roasted Fig Salad with Giant Cous Cous and Pomegranate (V)	Halloumi and Roasted Fig Salad with Giant Cous Cous and Pomegranate (V)
Salad Box 3		Salmon, Feta and Spinach Pasta	Salmon, Feta and Spinach Pasta	Chicken and Sausage Jambalaya Salad Box	Chicken and Sausage Jambalaya Salad Box
Dessert	Chocolate and Date Mousse with Rosewater Blackberries (Vegan)	Chocolate Oreo Cheesecake (V)	Pistachio, Fig and Ricotta Meringues (V)	Japanese Cheesecake (V)	Caramel Flan (V)

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Lunch 3

Weeks beginning 4 October, 25 October, 15 November, 6 December

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Vegetable Laksa (Vegan)	Roasted Parsnip, Shallot and Garlic (Vegan)	Mexican Bean and Chipotle (Vegan)	Roasted Vegetable and Lentil (Vegan)	Orzo Pasta, Tomato and Chickpea (Vegan)
Option 1	Potato, Mushroom, Borlotti and Paprika Goulash Wholegrain Rice with Herbs and Lemon Roasted Broccoli and Fennel (Vegan)	Marinated Cauliflower Steaks on Puy Lentil Casserole Green Bean Salad (Vegan)	Roasted Ratoutille Pies Tomato and Herb Sauce Roast New Potatoes Peas with Mint (Vegan)	Squash, Broad Bean, Tomato and Sweet Pepper Paella with Peas, Lemon and Fresh Parsley (Vegan)	Chestnut and Cashew Wellington Roasted Tomato and Pepper Sauce Sauté Potatoes Fine Beans (Vegan)
Option 2	Individual Onion and Three Cheese Tarts with Homemade Tomato Pickle (V)	Turkey Scallopini with Lemons, Capers and Parsley, Baked Gnocchi with Tomatoes, Peppers and Mozzarella Green Bean Salad	Roast Chicken Tray-bake with Carrots, Parsnips, Red Onions, Chorizo & Jerusalem Artichokes Herb Gravy, Roast New Potatoes, Peas with Mint	Slow-cooked Shin of Beef with Red Wine, Shallots and Herbs Mascarpone Polenta Courgette and Parmesan Salad	Salmon and Herb En Croute Roasted Tomato and Pepper Sauce Sauté Potatoes Fine Beans
Salad Box 1	Vegan Pesto and Broccoli Pasta (Vegan)	Vegan Pesto and Broccoli Pasta (Vegan)	Roasted Vegetable Skewers with Crispy Lentil and Wild Rice Salad and Salsa Verde (Vegan)	Roasted Vegetable Skewers with Crispy Lentil and Wild Rice Salad and Salsa Verde (Vegan)	
Salad Box 2	Roasted Beetroot, Yoghurt and Cucumber Salad with Crumbled Goats' Cheese and Honey Dressing (V)	Roasted Beetroot, Yoghurt and Cucumber Salad with Crumbled Goats' Cheese and Honey Dressing (V)		Roasted Sweet Potato with Rice and Beans and Marinated Feta	Roasted Sweet Potato with Rice, Beans and Marinated Feta
Salad Box 3		Layered Prawn, Avocado and Iceberg Salad	Layered Prawn, Avocado and Iceberg Salad	Curried Chicken, Grain and Roasted Vegetable with Lemon Dressing	Curried Chicken, Grain and Roasted Vegetable with Lemon Dressing
Dessert	Sticky Toffee Pudding, Toffee Sauce and Vanilla Ice Cream (Vegan)	Chocolate Fudge Tart with Raspberry Cream (V)	Cherry Bakewell Steamed Pudding (V)	Chocolate, Caramel and Shortcake Slice (V)	Strawberry Shortbread Trifle (V)

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Option 1	Ma po Tofu and Aubergine Steamed Pak Chouy Rice (Vegan)	Jackfruit Sloppy Joes with Cola BBQ Sauce (Vegan)	Tomato, Pepper and Caramelised Onion Pissaladière (Vegan)	Thai Tempah and Vegetable Curry Steamed Rice Spring Roll (Vegan)	Black Bean, Roasted Flat Mushroom and Pepper Burritos Smashed Avocado Salsa (Vegan)
Option 2	Mushroom and Red Onion Tartiflette with Dressed Green Salad (V)	Panko Breadcrumbed Chicken Burgers with Curried Ketchup and Rainblow Coleslaw Chunky Chips	Pissaladière	Thai Salmon and Prawn Curry Sticky Rice Spring Roll	Spiced Chicken and Pepper Burrito Smashed Avocado Salsa
Salad Box 1	Vegan Pesto and Broccolini Pasta (Vegan)	Vegan Pesto and Broccolini Pasta (Vegan)	Roasted Vegetable Skewers with Crispy Lentil and Wild Rice Salad and Salsa Verde (Vegan)	Roasted Vegetable Skewers with Crispy Lentil and Wild Rice Salad and Salsa Verde (Vegan)	
Salad Box 2	Roasted Beetroot, Yoghurt and Cucumber Salad with Crumbled Goats' Cheese and Honey Dressing (V)	Roasted Beetroot, Yoghurt and Cucumber Salad with Crumbled Goats' Cheese and Honey Dressing (V)		Roasted Sweet Potato with Rice and Beans and Marinated Feta	Roasted Sweet Potato with Rice and Beans and Marinated Feta
Salad Box 3		Layered Prawn, Avocado and Iceberg Salad	Layered Prawn, Avocado and Iceberg Salad	Curried Chicken, Grain and Roasted Vegetable with Lemon Dressing	Curried Chicken, Grain and Roasted Vegetable with Lemon Dressing
Dessert	Peanut Butter Pie (Vegan)	Raspberry Cheesecake Blondies (V)	Coffee Crème Brule (V)	Mango and Yoghurt Mousse (V)	Coconut, Lime and Mint Three Milk Cake (V)

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