

Lunch at the Hub

w/c 20 Sept, 11 Oct, 1 Nov, & 22 Nov

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Indian Cauliflower, Spinach and Lentil Soup (Vegan)	Watercress, Broccoli and Spinach Soup (Vegan)	Roast Squash and Red Pepper Soup (Vegan)	Mexican Soup, Avocado Salsa and Tortilla Chips (Vegan)	Okra and Green Bean Gumbo (Vegan)
Option 1	Seven Vegetable Lasagna Served with a Crisp Leaf Salad (Vegetarian)	Chickpea Kickshaws with Coconut Sambal Served with a Crisp Leaf Salad (Vegetarian)	Penne Arrabiata served with Roasted Green Vegetables and Garlic Bread (Vegetarian)	Gardener's Pie Served with Steamed Chantenay Carrots Cauliflower, Green Beans and Garnish (Vegetarian)	Five Ways Mushroom Stew with Creamy Mash Potato and Steamed Vegetables (Vegan)
Option 2	Asian-Style Glazed Chicken Thighs with Wholegrain Rice with Herbs and Steamed Vegetables	Butternut Squash and Sweet Potato Curry Served with Wholegrain Rice and Herbs and Steamed Vegetables (Vegan)	Penne Meatball Arrabiata Served with a Crisp Leaf Salad	Fish Pie Served with Steamed Chantenay Carrots Cauliflower, Green Beans and Garnish	Beef Bourguignon served with Creamy Mash Potato and Steamed Vegetables
Salad Box 1	Piri Piri Tomato and Crispy Chickpea Salad	Piri Piri Tomato and Crispy Chickpea Salad	New Potato and Slaw Salad with Mixed Leaves	New Potato and Slaw Salad with Mixed Leaves	Braised Radish, Asparagus and Bulgur Salad
Salad Box 2	Sweet Corn, Squash, Basmati & Wild Rice Salad	Sweet Corn, Squash, Basmati & Wild Rice Salad	Raw Vegetable Salad Topped with Chia Seeds and Cashews	Raw Vegetable Salad Topped with Chia Seeds and Cashews	Smashed Cucumber and Soba Noodle Salad
Salad Box 3	Cauliflower, Apple and Radicchio Salad	Cauliflower, Apple and Radicchio Salad	Aubergine and Tahini Giant Cous Cous Salad	Aubergine and Tahini Giant Cous Cous Salad	Pasta, Courgette, Cherry Tomato, Bell Pepper, Black Olive Red Onion & Cucumber Salad
Protein for Salad	Smoky Spiced Quorn Fillet Or Honey Glazed Fillet of Salmon Or Harissa Glazed Oven Roasted Chicken Breast	Smoky Spiced Quorn Fillet Or Honey Glazed Fillet of Salmon Or Harissa Glazed Oven Roasted Chicken Breast	Smoky Spiced Quorn Fillet Or Honey Glazed Fillet of Salmon Or Harissa Glazed Oven Roasted Chicken Breast	Smoky Spiced Quorn Fillet Or Honey Glazed Fillet of Salmon Or Harissa Glazed Oven Roasted Chicken Breast	Smoky Spiced Quorn Fillet Or Honey Glazed Fillet of Salmon Or Harissa Glazed Oven Roasted Chicken Breast

Lunch at the Hub

w/c 27 Sept, 18 Oct, 8 Nov, & 29 Nov

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Red Lentil and Carrot with Coconut Soup (Vegan)	Turmeric Soup (Vegan)	Cabbage and Seasonal Vegetable Soup (Vegan)	Green Pea and Fresh Basil Soup (Vegan)	Spicy Tomato Soup served with Tortilla Chips (Vegan)
Option 1	Jackfruit and Red Pepper Goulash Served with a Bread Roll and Garnish (Vegetarian)	Puttanesca Aubergine Parmigiana served with Steamed Vegetables (Vegan)	Chickpea Curry Served with Wholegrain Rice and Garnish (Vegan)	Gluten-Free Vegetable Pasta Bake Served with Seasonal Vegetables Dressed with Maple Syrup (Vegetarian)	Sweet Potato Dahl and Spinach Gratin Served with Steamed Green Vegetables and Garnish (Vegan)
Option 2	Spaghetti Bolognese served with Garlic Bread and Garnish	Four Ways Cauliflower Macaroni and Cheese Served with Steamed Vegetables (Vegetarian)	Penne Chicken Arrabiata with Fresh Basil Served with a Crisp Leaf Salad	Lemon and Herb Bread Coley Fillets Served over a Bed of Roasted Mediterranean Vegetables	Beef Lasagna Served with a Crips Leaf Salad and Seeded Garlic Bread
Salad Box 1	Piri Piri Tomato and Crispy Chickpea Salad	Piri Piri Tomato and Crispy Chickpea Salad	New Potato and Slaw Salad with Mixed Leaves	New Potato and Slaw Salad with Mixed Leaves	Braised Radish, Asparagus and Bulgur Salad
Salad Box 2	Sweet Corn, Squash, Basmati & Wild Rice Salad	Sweet Corn, Squash, Basmati & Wild Rice Salad	Raw Vegetable Salad Topped with Chia Seeds and Cashews	Raw Vegetable Salad Topped with Chia Seeds and Cashews	Smashed Cucumber and Soba Noodle Salad
Salad Box 3	Cauliflower, Apple and Radicchio Salad	Cauliflower, Apple and Radicchio Salad	Aubergine and Tahini Giant Cous Cous Salad	Aubergine and Tahini Giant Cous Cous Salad	Pasta, Courgette, Cherry Tomato, Bell Pepper, Black Olive Red Onion & Cucumber Salad
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Lunch at the Hub

w/c 4 Oct, 25 Oct & 15 Nov

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Vegetable Broth Three Ways (Vegan)	Smokey Sweetcorn and Spinach Chowder (Vegan)	Salad Soup with Garlic and Pesto (Vegan)	Harira Soup (Vegan)	Cauliflower and Broccoli Soup (Vegan)
Option 1	Korean Sticky Mushrooms with Kimchi Greens Served with Jasmine Rice and Garnish (Vegan)	Four Ways Bean Chili Served over a Jacket Potato with Guacamole and a Fresh Tomato Salsa (Vegan)	Green Lentil Cottage Pie Served with Roasted Mixed Root Vegetables and Garnish (Vegan)	Quinoa Stuffed Red Peppers Topped with Feta and Served with Whole Grain Rice (Vegetarian)	Chilli Squash, Spinach and Mushroom Pizza Served with Garnish (Vegan)
Option 2	Steak and Ale Pie, Served with a Creamy Mash and Garnish	Beef Chilli Con Carne Served over a Jacket Potato with Guacamole, Sour Cream and a Fresh Tomato Salsa	Spicy Sausage Pasta Bake Served with Roasted Mixed Root Vegetables and Garnish	Coley Fillets with a creamy white Herby Sauce over Wholegrain Rice and Served with Chantenay Carrots and Fine Green Beans	Lamb Stew with Seasonal Vegetables, Herby Dumplings and Served with a Creamy Mash
Salad Box 1	Piri Piri Tomato and Crispy Chickpea Salad	Piri Piri Tomato and Crispy Chickpea Salad	New Potato and Slaw Salad with Mixed Leaves	New Potato and Slaw Salad with Mixed Leaves	Braised Radish, Asparagus and Bulgur Salad
Salad Box 2	Sweet Corn, Squash, Basmati & Wild Rice Salad	Sweet Corn, Squash, Basmati & Wild Rice Salad	Raw Vegetable Salad Topped with Chia Seeds and Cashews	Raw Vegetable Salad Topped with Chia Seeds and Cashews	Smashed Cucumber and Soba Noodle Salad
Salad Box 3	Cauliflower, Apple and Radicchio Salad	Cauliflower, Apple and Radicchio Salad	Aubergine and Tahini Giant Cous Cous Salad	Aubergine and Tahini Giant Cous Cous Salad	Pasta, Courgette, Cherry Tomato, Bell Pepper, Black Olive Red Onion & Cucumber Salad
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