

Lunch 1

W/C 9th Jan, 30th Jan, 20th Feb, 13th March

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Roasted Butternut Squash and Chickpea Curry (<i>Vegan</i>)	Leek, Pea and Potato (<i>Vegan</i>)	Creamy White Bean and Spring Onion Pesto (<i>Vegan</i>)	Spicy Roasted Corn (<i>Vegan</i>)	Golden Coconut and Lentil (<i>Vegan</i>)
Option 1	Vegan Meatball Chilli with Homemade Guacamole, Coconut Yoghurt and Baked Brown Rice (<i>Vegan</i>)	Triple Mushroom Pilaf with Roasted Spiced Squash and Greens (<i>Vegan</i>)	Spinach, Potato and Chermoula Free-form Pie (<i>Vegan</i>)	Bulgur Wheat Fritters with Roasted Tomato, Pepper and Chilli Sauce (<i>Vegan</i>)	Sausages on Spring Onion Mash with Onion Gravy and Green Vegetables (<i>Vegan</i>)
Option 2	Butternut Squash and Spinach Lasagne Salad with Ciabatta Croutons and Roasted Vegetables (<i>V</i>)	Dijon Mustard and Mushroom Chicken Herb Rice Savoy Cabbage	Slow-roast Pork with Coriander and Fennel Seeds Roast New Potatoes Carrots with Herb Olive Oil Cauliflower and Cornish Yarg Gratin	Curried Chicken Wellington with Roasted Root Vegetables and Broccoli	Baked Coconut Panko Cod with Katsu Sauce Rice Green Vegetables
Salad Box 1	Asian Coleslaw and Roasted Sweet Potatoes with Soybean and Spinach Salad (<i>Vegan</i>)	Asian Coleslaw and Roasted Sweet Potatoes with Soybean and Spinach Salad (<i>Vegan</i>)	Middle-Eastern Linguine Salad with Squash, Pepper and Red Onion Kebabs (<i>Vegan</i>)	Middle-Eastern Linguine Salad with Squash, Pepper and Red Onion Kebabs (<i>Vegan</i>)	
Salad Box 2	Squash, Feta and Bulgur Wheat Salad with Harissa Yoghurt (<i>V</i>)	Squash, Feta and Bulgur Wheat Salad with Harissa Yoghurt (<i>V</i>)		Smoky Mixed Bean and Rice Salad with Jerk Seitan and Smashed Avocado (<i>Vegan</i>)	Smoky Mixed Bean and Rice Salad with Jerk Seitan and Smashed Avocado (<i>Vegan</i>)
Salad Box 3		Quinoa, Edamame, Red Cabbage and Salmon with Pickled Cucumber and Tamari Dressing	Quinoa, Edamame, Red Cabbage and Salmon with Pickled Cucumber and Tamari Dressing	Chicken and Sweet Potato Shawarma Box with Lemon and Herb Dressing	Chicken and Sweet Potato Shawarma Box with Lemon and Herb Dressing
Dessert	Iced Ginger Loaf Cake with Lemon and Ginger Icing (<i>Vegan</i>)	Chocolate Meringue Pie (<i>V</i>)	Pear and Ginger Crumble Tart with Vanilla Ice Cream (<i>Vegan</i>)	Lemon Posset with Spiced Berries (<i>V</i>)	Crème Caramel with Raspberries (<i>V</i>)

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Dinner 1

W/C 30th Jan, 20th Feb, 13th March

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Roasted Butternut Squash and Chickpea Curry <i>(Vegan)</i>	Leek, Pea and Potato <i>(Vegan)</i>	Creamy White Bean and Spring Onion Pesto <i>(Vegan)</i>	Spicy Roasted Corn <i>(Vegan)</i>	Golden Coconut and Lentil <i>(Vegan)</i>
Option 1	Beetroot Falafel Burgers Sweet Potato Fries Pickled Carrot and Beetroot Salad <i>(Vegan)</i>	Thai Tempeh and Vegetable Curry Sticky Rice Spring Roll <i>(Vegan)</i>	Spinach, Red Onion and Mozzarella Pizza <i>(V)</i> <i>(Vegan Mozzarella Available)</i> Roquette, Cucumber and Tomato Salad <i>(Vegan)</i>	Spiced Cauliflower and Celeriac Bhajis with Mango Chutney and Mint Mayo <i>(Vegan)</i>	Spicy Squash Curry Homemade Pakoras Coriander Yoghurt Poppadom Mango Chutney <i>(Vegan)</i>
Option 2	Harissa Butter and Mushroom Kyiv Burger <i>(V)</i>	Thai Prawn and Vegetable Curry	Ham, Mascarpone and Mushroom Pizza	Battered Fish and Chips with Homemade Tartare Sauce Broccoli and Peas	Creamy Chicken and Vegetable Korma
Salad Box 1	Asian Coleslaw and Roasted Sweet Potatoes with Soybean and Spinach Salad <i>(Vegan)</i>	Asian Coleslaw and Roasted Sweet Potatoes with Soybean and Spinach Salad <i>(Vegan)</i>	Middle-Eastern Linguine Salad with Squash, Pepper and Red Onion Kebabs <i>(Vegan)</i>	Middle-Eastern Linguine Salad with Squash, Pepper and Red Onion Kebabs <i>(Vegan)</i>	
Salad Box 2	Squash, Feta and Bulgur Wheat Salad with Harissa Yoghurt <i>(V)</i>	Squash, Feta and Bulgur Wheat Salad with Harissa Yoghurt <i>(V)</i>		Smoky Mixed Bean and Rice Salad with Jerk Seitan and Smashed Avocado <i>(Vegan)</i>	Smoky Mixed Bean and Rice Salad with Jerk Seitan and Smashed Avocado <i>(Vegan)</i>
Salad Box 3		Quinoa, Edamame, Red Cabbage and Salmon with Pickled Cucumber and Tamari Dressing	Quinoa, Edamame, Red Cabbage and Salmon with Pickled Cucumber and Tamari Dressing	Chicken and Sweet Potato Shawarma Box with Lemon and Herb Dressing	Chicken and Sweet Potato Shawarma Box with Lemon and Herb Dressing
Dessert	Salted Caramel and Chocolate Bars <i>(Vegan)</i>	Coconut Granita with Chili Pineapple <i>(Ve)</i>	Chocolate, Toasted Nuts and Banana Trifle <i>(V)</i>	Lemon and Clementine Cake <i>(V)</i>	Coffee Mousse with Tahini Fudge <i>(V)</i>

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Lunch 2

W/C 16th Jan, 6th Feb, 27th Feb, 20th March

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Roasted Carrot and Cumin <i>(Vegan)</i>	Thai Sweet Potato and Carrot <i>(Vegan)</i>	Creamy Mushroom and Rice <i>(Vegan)</i>	Sweet Potato, Chickpea and Lentil <i>(Vegan)</i>	Roasted Garlic and Cauliflower Chowder <i>(Vegan)</i>
Option 1	Stuffed Aubergines with Pomegranates, Pine Nuts, Borlotti Beans & Pumpkin Seeds with a Parsley, Tahini and Garlic Sauce Roast New Potatoes Green Vegetables <i>(Vegan)</i>	Chickpea, Butternut Squash and Spinach Curry Basmati Rice Poppadum <i>(Vegan)</i>	Spinach, Roasted Chickpea and Walnut Filo Parcels with Homemade Tapenade and Spiced Sweet Potato Puree <i>(Vegan)</i>	Slow-cooked Butterbean and Aubergine Stew with Fresh Chimichurri Winter Vegetable and Quinoa Salad <i>(Vegan)</i>	Corn Fritters with BBQ Beans and Chickpeas Mixed Green Vegetables <i>(Vegan)</i>
Option 2	Potato and Cheese Pie with Salsa Verde <i>(V)</i>	Pork and Chorizo with Tomatoes and Butterbeans Sauté Potatoes Fine Beans	Baked Chicken with Sumac, Lemon Sesame and Herbs Squashed, Roasted Potatoes with Feta, Red Onions and Oregano Roquette Salad	Lamb Pastitsio (Lamb and Macaroni Bake) Kos Lettuce, Tomato, Feta and Olive Salad	Spiced Fish Pies with Potato, Sweet Potato and Onion Seed Rösti Top Mixed Green Vegetables
Salad Box 1	Farro, Roasted Vegetable and Cauliflower Salad with Butterbean Smash <i>(Vegan)</i>	Farro, Roasted Vegetable and Cauliflower Salad with Butterbean Smash <i>(Vegan)</i>	Black Bean, Rice, Pepper Jam and Avocado Salad <i>(Vegan)</i>	Black Bean, Rice, Pepper Jam and Avocado Salad <i>(Vegan)</i>	
Salad Box 2	Marinated Feta and Butterbeans on Fregola Pasta Salad <i>(V)</i>	Marinated Feta and Butterbeans on Fregola Pasta Salad <i>(V)</i>		Fruity Coconut, Peanut and Wild Rice Salad with Thai Curry Roasted Vegetables <i>(Vegan)</i>	Fruity Coconut, Peanut and Wild Rice Salad with Thai Curry Roasted Vegetables <i>(Vegan)</i>
Salad Box 3		Orzo with King Prawns, Peas, Parmesan and Cherry Tomatoes	Orzo with King Prawns, Peas, Parmesan and Cherry Tomatoes	Lemon and Harissa Chicken on Pomegranate and Pistachio Freekah Salad with Pomegranate Molasses Dressing	Lemon and Harissa Chicken on Pomegranate and Pistachio Freekah Salad with Pomegranate Molasses Dressing
Dessert	Coffee and Cashew Chocolate Mousse Cake <i>(Vegan)</i>	Bakewell Slice with Vanilla Cream <i>(V)</i>	Sticky Banana and Date Pudding with Sticky Sauce and Cream <i>(V)</i>	Cherry and Spiced Black Pepper Torte with Ginger and Honey Cream <i>(V)</i>	Tiramisu <i>(V)</i>

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Dinner 2

W/C 16th Jan, 6th Feb, 27th Feb

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Roasted Carrot and Cumin <i>(Vegan)</i>	Thai Sweet Potato and Carrot <i>(Vegan)</i>	Creamy Mushroom and Rice <i>(Vegan)</i>	Sweet Potato, Chickpea and Lentil <i>(Vegan)</i>	Roasted Garlic and Cauliflower Chowder <i>(Vegan)</i>
Option 1	Plant Burger Skinny Fries Spiced Cabbage and Beetroot Coleslaw <i>(Vegan)</i>	Roasted Vegetable, Lentil and Quinoa Chili Herb Rice Coconut Yoghurt <i>(Vegan)</i>	Squash and Spinach Honeycomb Pasta Courgette, Mint and Olive Oil Salad <i>(Vegan)</i>	Fish Fragrant Aubergines Jasmine Rice Steamed Vegetables <i>(Vegan)</i>	Aubergine Balti Rice Naan Homemade Bhajis Mango Chutney Coriander Yoghurt <i>(Vegan)</i>
Option 2	Chickpea and Feta Burgers <i>(V)</i>	Chunky Steak and Three Bean Chili Sour Cream	Puttanesca Pasta Bake	Beef with Cumin and Spring Onions	Broccoli Chicken and Peanut Curry
Salad Box 1	Farro, Roasted Vegetable and Cauliflower Salad with Butterbean Smash <i>(Vegan)</i>	Farro, Roasted Vegetable and Cauliflower Salad with Butterbean Smash <i>(Vegan)</i>	Black Bean, Rice, Pepper Jam and Avocado Salad <i>(Vegan)</i>	Black Bean, Rice, Pepper Jam and Avocado Salad <i>(Vegan)</i>	
Salad Box 2	Marinated Feta and Butterbeans on Fregola Pasta Salad <i>(V)</i>	Marinated Feta and Butterbeans on Fregola Pasta Salad <i>(V)</i>		Fruity Coconut, Peanut and Wild Rice Salad with Thai Curry Roasted Vegetables <i>(Vegan)</i>	Fruity Coconut, Peanut and Wild Rice Salad with Thai Curry Roasted Vegetables <i>(Vegan)</i>
Salad Box 3		Orzo with King Prawns, Peas, Parmesan and Cherry Tomatoes	Orzo with King Prawns, Peas, Parmesan and Cherry Tomatoes	Lemon and Harissa Chicken on Pomegranate and Pistachio Freekeh Salad with Pomegranate Molasses Dressing	Lemon and Harissa Chicken on Pomegranate and Pistachio Freekeh Salad with Pomegranate Molasses Dressing
Dessert	Carrot Cake Muffins <i>(Vegan)</i>	Mango and Passion Fruit Fool <i>(V)</i>	Brown Sugar Meringue Roulade with Baked Honey Apples <i>(V)</i>	Baked Custard Tarts <i>(V)</i>	Lemon and Labneh Possets <i>(V)</i>

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Lunch 3

W/C 23rd Jan, 13th Feb, 6th March, 27th March

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Lemon, Chickpea and Orzo <i>(Vegan)</i>	Roasted Cauliflower and Chickpea <i>(Vegan)</i>	Creamy Tuscan Mushroom <i>(Vegan)</i>	Pearl Barley and Roasted Vegetable <i>(Vegan)</i>	Ginger, Sweet Potato and Coconut <i>(Vegan)</i>
Option 1	Masala Beans and Potatoes with Fried Tofu Peas and Steamed Cabbage <i>(Vegan)</i>	Aubergine and Tofu with Szechuan Pepper Rice Pak Choy and Tenderstem Broccoli <i>(Vegan)</i>	Potato, Coconut and Peanut Fritters with Pea and Coconut Chutney <i>(Vegan)</i>	Celeriac Risotto with Lemon, Caper and Sage Oil Fine Beans and Tenderstem Broccoli <i>(Vegan)</i>	Roasted Vegetable and Lentil Casserole with Spiced Root Vegetable Top <i>(Vegan)</i>
Option 2	Leek and Mozzarella Risotto Cakes with Chili and Tomato Jam <i>(V)</i>	Lamb and Onion Hotpot with Sliced Potato and Swede Top Peas with Shallots and Parsley	Tray-Baked Chicken with Roasted Vegetables, Tomatoes and Basil Roast New Potatoes Broccoli and Fine Beans	Ox Cheek, Pancetta and Chestnut Mushroom Bourguignon Creamy Mash Fine Beans and Tenderstem Broccoli	Smoked Haddock on White Wine, Pea and Parmesan Risotto Roquette Salad
Salad Box 1	Moroccan Carrot, Orange and Coriander Salad with Sweet Potato and Butterbean Falafel and Hummus <i>(Vegan)</i>	Moroccan Carrot, Orange and Coriander Salad with Sweet Potato and Butterbean Falafel and Hummus <i>(Vegan)</i>	Pan-fried Tofu Slices on Rice Noodle Salad with Nori Dressing <i>(Vegan)</i>	Pan-fried Tofu Slices on Rice Noodle Salad with Nori Dressing <i>(Vegan)</i>	
Salad Box 2	Bulgur with Tomatoes, Aubergines, Spinach and Preserved Lemon Yoghurt Dressing <i>(Vegan)</i>	Bulgur with Tomatoes, Aubergines, Spinach and Preserved Lemon Yoghurt Dressing <i>(Vegan)</i>		Baked Coconut Cauliflower with Fruity Coronation Rice Salad and Mint and Tamarind Dressing <i>(Vegan)</i>	Baked Coconut Cauliflower with Fruity Coronation Rice Salad and Mint and Tamarind Dressing <i>(Vegan)</i>
Salad Box 3		Roasted Tuna with Potato Red Onion and Feta Salad with Lemon, Oregano and Olive Oil Dressing	Roasted Tuna with Potato Red Onion and Feta Salad with Lemon, Oregano and Olive Oil Dressing	Roasted Spiced Chicken with Paprika, Lentil, Sriracha and Miso Mayonnaise Salad	Roasted Spiced Chicken with Paprika, Lentil, Sriracha and Miso Mayonnaise Salad
Dessert	Rhubarb and Custard Traybake <i>(Vegan)</i>	Caramelised White Chocolate and Miso Brownies with Yoghurt Cream <i>(V)</i>	Caramel Meringue Swirl Cake <i>(V)</i>	Cherry, Coconut and Pistachio Cake with Honey Cream <i>(V)</i>	Chocolate and Caramel Custard Tart <i>(V)</i>

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Dinner 3

W/C 23rd Jan, 13th Feb, 6th March

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Lemon, Chickpea and Orzo <i>(Vegan)</i>	Roasted Cauliflower and Chickpea <i>(Vegan)</i>	Creamy Tuscan Mushroom <i>(Vegan)</i>	Pearl Barley and Roasted Vegetable <i>(Vegan)</i>	Ginger, Sweet Potato and Coconut <i>(Vegan)</i>
Option 1	Root Vegetable Bhaji Burger Spiced Potato Wedges Spiced Carrot, Cucumber and Radish Salad <i>(Vegan)</i>	Sweet Potato, Lime and Butterbean Enchiladas Spiced Wedges Guacamole <i>(Vegan)</i>	Creamy Tahini and Aubergine Pasta Garlic Ciabatta Salad <i>(Vegan)</i>	Dry Fried Beans with Minced Tofu Rice Chilli and Ginger Cabbage <i>(Vegan)</i>	Black Eyed Bean Curry Rice Naan Vegetable Samosas Mango Chutney Coriander Yoghurt <i>(Vegan)</i>
Option 2	Spiced Mushroom and Halloumi Burgers <i>(V)</i>	Chicken, Mixed Bean and Pepper Enchiladas	Homemade Lasagne Garlic Ciabatta Salad	Kung Pao Prawns	Corn Kofta, Chicken and Butter Paneer
Salad Box 1	Moroccan Carrot, Orange and Coriander Salad with Sweet Potato and Butterbean Falafel and Hummus <i>(Vegan)</i>	Moroccan Carrot, Orange and Coriander Salad with Sweet Potato and Butterbean Falafel and Hummus <i>(Vegan)</i>	Pan-fried Tofu Slices on Rice Noodle Salad with Nori Dressing <i>(Vegan)</i>	Pan-fried Tofu Slices on Rice Noodle Salad with Nori Dressing <i>(Vegan)</i>	
Salad Box 2	Bulgur with Tomatoes, Aubergines, Spinach and Preserved Lemon Yoghurt Dressing <i>(Vegan)</i>	Bulgur with Tomatoes, Aubergines, Spinach and Preserved Lemon Yoghurt Dressing <i>(Vegan)</i>		Baked Coconut Cauliflower with Fruity Coronation Rice Salad and Mint and Tamarind Dressing <i>(Vegan)</i>	Baked Coconut Cauliflower with Fruity Coronation Rice Salad and Mint and Tamarind Dressing <i>(Vegan)</i>
Salad Box 3		Roasted Tuna with Potato Red Onion and Feta Salad with Lemon, Oregano and Olive Oil Dressing	Roasted Tuna with Potato Red Onion and Feta Salad with Lemon, Oregano and Olive Oil Dressing	Roasted Spiced Chicken with Paprika, Lentil, Sriracha and Miso Mayonnaise Salad	Roasted Spiced Chicken with Paprika, Lentil, Sriracha and Miso Mayonnaise Salad
Dessert	Salted Caramel and Chocolate Mousse <i>(Vegan)</i>	Caramel and Chocolate Ice Cream Sandwiches <i>(V)</i>	Cherry and Greek Yogurt Fool <i>(V)</i>	Blueberry and Lemon Cheesecake <i>(V)</i>	Banoffee Glasses <i>(V)</i>

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