## Lunch 1

#### W/C 8th April, 29th April, 20th May, 10th June

	Monday	Tuesday	Wednesday	Thursday	Friday
dnos	Roasted Carrot and Miso (Vegan)	Lentil, Spinach and Watercress (Vegan)	Lentil Bolognese (Vegan)	Summer Bean and Bulgur Wheat (Vegan)	Rice Noodle and Peanut Pho (Vegan)
Option 1	Mixed Bean and Vegetable Shepherdess Pie with Onion and Redcurrant Gravy Broccoli and Peas (Vegan)	Sweet Potato, Fine Bean and Coconut Curry Rice Naan Bread (Vegan)	Carrot and Squash Fritters with Babaganoush Roast New, Carrots and Broccoli (Vegan)	Baked Gnocchi with Tomatoes, Peppers and Vegan Mozzarella Cucumber, Dill and Mint Salad (Vegan)	Beetroot and Butterbean Cakes with Vegan Caesar (Vegan)
Option 2	Tomato, Pepper and Sweet Potato Dauphinoise with Tomato and Basil Sauce Broccoli and Peas (V)	Homemade Lasagne Salad Garlic Ciabatta	Pepper Crusted Beef with Roquette and Horseradish Sauce Roast New, Carrots and Broccoli	Chicken Katsu Curry Rice Steamed Green Vegetables	Homemade Fishcakes with Caesar Salad
Salad Box 1	Jerk Rice and Roasted Vegetable Salad Box (Vegan)	Jerk Rice and Roasted Vegetable Salad Box (Vegan)	Giant Cous Cous, Falafel and Hummus Salad Box (Vegan)	Giant Cous Cous, Falafel and Hummus Salad Box (Vegan)	
Salad Box	Beetroot, Roasted Carrot and Spinach Salad with Caramelised Goat's Cheese (V)	Beetroot, Roasted Carrot and Spinach Salad with Caramelised Goat's Cheese (V)		Summer Vegetable Orzo Salad with Avocado and Spicy Mixed Beans (Vegan)	Summer Vegetable Orzo Salad with Avocado and Spicy Mixed Beans (Vegan)
Salad Box 3		Crayfish and Mango Noodle Salad	Crayfish and Mango Noodle Salad	Curried Chicken, Grain and Roasted Vegetable with Lemon Dressing	Curried Chicken, Grain and Roasted Vegetable with Lemon Dressing
Dessert	Carrot Cake with Cream Cheese Frosting and Salted Caramel Sauce (Vegan)	Baked Chocolate Tart with Orange Cream (V)	Marmalade and Cranberry Bread and Butter Pudding with Vanilla Cream (V)	Lemon and Poppyseed Loaf with Berry Compote (V)	Burnt Basque Chocolate Cheesecake (V)

# Dinner 1

#### W/C 29th April, 20th May, 10th June

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Roasted Carrot and Miso (Vegan)	Lentil, Spinach and Watercress (Vegan)	Lentil Bolognese (Vegan)	Summer Bean and Bulgur Wheat (Vegan)	Rice Noodle and Peanut Pho (Vegan)
Option 1	Plant-based Burger Spicy Potato Wedges Guacamole Carrot and Cabbage Coleslaw (Vegan)	Lentil, Courgette and Roasted Aubergine Pasta Roasted Tenderstem with Chillies and Hazelnuts (Vegan)	Roasted Vegetable and Grilled 'Cheese' Kebabs Gremolata Coleslaw Baked Potatoes (Vegan) Roasted Vegetable and Halloumi Kebabs (V)	Tofu in Black Bean, Spring Onion and Green Pepper Sauce with Jasmine Rice and Sugar Snap Peas (Vegan)	Tandoori Cauliflower Curry Basmati Rice Celeriac and Spinach Pakora Mango Chutney Poppadom Coconut and Mint Yoghurt (Vegan)
Option 2	Halloumi and Sweet Potato Burgers (V)	Nduja Meatballs with Spaghetti and Peas	Southern Fried Chicken Coleslaw Baked Potatoes	Slow-cooked Five Spice Pork with Peppers, Choy Sum and Cashews	Keema Lamb Curry
Salad Box 1	Jerk Rice and Roasted Vegetable Salad Box (Vegan)	Jerk Rice and Roasted Vegetable Salad Box (Vegan)	Giant Cous Cous, Falafel and Hummus Salad Box (Vegan)	Giant Cous Cous, Falafel and Hummus Salad Box (Vegan)	
Salad Box	Beetroot, Roasted Carrot and Spinach Salad with Caramelised Goat's Cheese (V)	Beetroot, Roasted Carrot and Spinach Salad with Caramelised Goat's Cheese (V)		Summer Vegetable Orzo Salad with Avocado and Spicy Mixed Beans (Vegan)	Summer Vegetable Orzo Salad with Avocado and Spicy Mixed Beans (Vegan)
Salad Box 3		Crayfish and Mango Noodle Salad	Crayfish and Mango Noodle Salad	Curried Chicken, Grain and Roasted Vegetable with Lemon Dressing	Curried Chicken, Grain and Roasted Vegetable with Lemon Dressing
Dessert	Chocolate and Peanut Brownies (Vegan)	Caramel Profiteroles (V)	Lemon and Almond Cake with Mascarpone Cream (V)	Pineapple and Treacle Pudding with Nutmeg Custard (V)	Mango, Cardamom and Coconut Cake (V)

## Lunch 2

#### W/C 15th April, 6th May, 27th May

	Monday	Tuesday	Wednesday	Thursday	Friday
dnos	Summer Vegetable Minestrone (Vegan)	Wild Garlic Potato (Vegan)	Spiced Tomato and Mixed Bean (Vegan)	Cannellini Bean and Arborio Rice Soup (Vegan)	Mulligatawny (Vegan)
Option 1	Sausage and Mixed Bean Casseroles Mixed Green Vegetables (Vegan)	Curried Coconut and Vegetable Gratin (Vegan)	Sweet Potato, Spinach and Tomato Filo Pie Roasted New Potatoes Pickled Cabbage Salad (Vegan)	Creamy Saffron Orzo with Roast Squash and Chilli (Vegan)	Moussaka (Vegan)
Option 2	Cauliflower, Mushroom and Leek Macaroni Cheese Mixed Green Vegetables (V)	Lamb, Spinach and Chickpea Curry Rice Naan Bread	Harissa and Honey Chicken with Tzatziki	Beef Stroganoff Tagliatelle Green Vegetables	Fish Pie with Pasta Gratin Top Asparagus and Cucumber Salad
Salad Box 1	Courgetti with Piccolo Tomato, Grilled Corn and Herb Dressing	Courgetti with Piccolo Tomato, Grilled Corn and Herb Dressing	Potato and Lentil Salad with Pistachio Chimichurri (Vegan)	Potato and Lentil Salad with Pistachio Chimichurri (Vegan)	
Salad Box 2	Halloumi and Roasted Fig Salad with Giant Cous Cous and Pomegranate (V)	Halloumi and Roasted Fig Salad with Giant Cous Cous and Pomegranate (V)		Harissa Marinated Baked Tofu on Pea and Quinoa Salad (Vegan)	Harissa Marinated Baked Tofu on Pea and Quinoa Salad (Vegan)
Salad Box 3		Roasted Salmon with Soba Noodles and Edamame	Roasted Salmon with Soba Noodles and Edamame	Chicken Caesar Salad	Chicken Caesar Salad
Dessert	Chocolate and Blueberry Cheesecake (Vegan)	Brown Sugar Meringues with Strawberries and Cream (V)	Caramel Three Milk Cake (V)	Chocolate Crunch Bars with Raspberry Cream (V)	Lemon Posset with Ginger Nut Biscuits and Blueberries (V)

# Dinner 2

#### W/C 15th April, 6th May, 27th May

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Summer Vegetable Minestrone (Vegan)	Roasted Carrot, Cumin and Coconut (Vegan)	Spiced Tomato and Mixed Bean (Vegan)	Cannellini Bean and Arborio Rice Soup (Vegan)	Mulligatawny (Vegan)
Option 1	Plant-based Chick'n Burger French Fries Beetroot and Cabbage Coleslaw Chipotle Ketchup (Vegan)	Creamy Sausage and Spinach Pasta Garlic Ciabatta Dressed Salad (Vegan)	Spanish Rice, Black Bean Burrito Grill Corn Chipolatas Salsa Guacamole (Vegan)	Courgette and Chickpea Fritters Vegan Tartare Chips Peas with Mint (Vegan)	Potato, Coconut and Pea Keema Curry Basmati Rice Naan Bread Mango Chutney Homemade Pakora Coconut and Mint Yoghurt (Vegan)
Option 2	Spicy Bean and Mozzarella Burgers (V)	Chicken, Porcini Mushroom and Parmesan Risotto	Mexican Pulled Pork Burrito	Fish and Chips Homemade Tartare Peas with Mint Lemon Wedges	Butter Chicken
Salad Box	Courgetti with Piccolo Tomato, Grill Corned and Herb Dressing	Courgetti with Piccolo Tomato, Grilled Corn and Herb Dressing	Potato and Lentil Salad with Pistachio Chimichurri (Vegan)	Potato and Lentil Salad with Pistachio Chimichurri (Vegan)	
Salad Box 2	Halloumi and Roasted Fig Salad with Giant Cous Cous and Pomegranate (V)	Halloumi and Roasted Fig Salad with Giant Cous Cous and Pomegranate (V)		Harissa Marinated Baked Tofu on Pea and Quinoa Salad (Vegan)	Harissa Marinated Baked Tofu on Pea and Quinoa Salad (Vegan)
Salad Box 3		Roasted Salmon with Soba Noodles and Edamame	Roasted Salmon with Soba Noodles and Edamame	Chicken Caesar Salad	Chicken Caesar Salad
Dessert	Chocolate and Raspberry Cupcakes (Vegan)	White Chocolate and Salted Caramel Mousse (V)	Toffee Meringue Pie (V)	Ginger and Blueberry Crème Brule (V)	Strawberries and Cream Kulfi (V)

Lunch 3

#### W/C 22<sup>nd</sup> April, 13<sup>th</sup> May, 3<sup>rd</sup> June

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Chipotle and Black Bean (Vegan)	Sweetcorn Chowder (Vegan)	Thai Sweet Potato and Baby Vegetable (Vegan)	Asparagus and Potato (Vegan)	Creamy Curried Cauliflower (Vegan)
Option 1	Pearl Barley and Roasted Vegetable Hotpots with Potato and Swede Top Cabbage with Seeds and Shallots (Vegan)	Butternut Squash, Chickpea and Fruit Tagine Herb and Tomato Cous Cous Coconut Yoghurt (Vegan)	Mushroom and Lentil Wellington with Mushroom, Shallot and Redcurrant Sauce Roast New Potatoes Tenderstem and Fine Beans (Vegan)	Kimchi Pancakes with Soy and Chilli Sauce and Wilted Spinach and Spring Onions (Vegan)	Roasted Sweet Potato and Tofu Meatballs in Korma Sauce Brown Rice (Vegan)
Option 2	Butternut Squash and Oregano Cheesecake Roasted Cherry Tomato and Harissa Sauce New Potatoes Cabbage with Seeds and Shallots (V)	Chipotle Chicken Stew with White Beans and Herbs Rice Green Vegetables	Spanish Style Roast Pork with Sherry Vinegar, Peppers, Tomatoes and Potatoes Almond and Roquette Picada Tenderstem and Fine Beans	Chicken Cacciatore Roast New Potatoes Roast Broccoli and Cauliflower	Tray Baked Salmon with Vegetables and Herb Oil Orzo Pasta with Olive Oil and Lemon Fine Bean and Pea Salad
Salad Box 1	Mexican BBQ Salad Box (Vegan)	Mexican BBQ Salad Box (Vegan)	Spiced Kidney Bean, Herb and Lemon Salad with Beetroot Falafel and Coconut Dressing (Vegan)	Spiced Kidney Bean, Herb and Lemon Salad with Beetroot Falafel and Coconut Dressing (Vegan)	
Salad Box 2	Avocado, Tomato, Mozzarella and Basil Pasta Salad (V)	Avocado, Tomato, Mozzarella and Basil Pasta Salad (V)		Thai Cashew, Vegetable and Noodle Salad Box with Cashew Saatay Sauce (Vegan)	Thai Cashew, Vegetable and Noodle Salad Box with Cashew Saatay Sauce (Vegan)
Salad Box 3		Sweet Potato Fish Cakes with Rice Salad and Thai Dressing	Sweet Potato Fish Cakes with Rice Salad and Thai Dressing	Hot and Fruity Caribbean Coleslaw with Jerk Chicken and Rice	Hot and Fruity Caribbean Coleslaw with Jerk Chicken and Rice
Dessert	Tiramisu (Vegan)	Sticky Plum and Custard Cake (V)	Coffee Crème Brule (V)	Chocolate Loaf Cake with Berry Yoghurt Cream (V)	Chai Meringues with Lemon and Raspberry Cream (V)

# Dinner 3

### W/C 22<sup>nd</sup> April, 13<sup>th</sup> May, 3<sup>rd</sup> June

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Chipotle and Black Bean (Vegan)	Sweetcorn Chowder (Vegan)	Thai Sweet Potato and Baby Vegetable (Vegan)	Asparagus and Potato (Vegan)	Creamy Curried Cauliflower ( <i>Vegan</i> )
Option 1	Katsu Mushroom Burger Sweet Potato Fries Mouli, Pickled Ginger and Cucumber Salad (Vegan)	Tomato, Caper and Olive Pasta Dressed Green Salad (Vegan)	Fried Tempeh Cashew Satay Sauce Thai Noodle and Vegetable Salad (Vegan)	Spiced Tofu with Yellow Beancurd, Pepper and Beansprouts Jasmine Rice Steamed Green Vegetables (Vegan)	Mushroom and Roasted Squash Biryani Mango Chutney Pea Bhaji Coconut and Mint Yoghurt Cucumber Salad Poppadum (Vegan)
Option 2	Aubergine, Mozzarella and Beef Tomato Parmigiana Burger (V)	Porchetta Pasta Ragu	Coconut and Green Curry Roasted Chicken	Sticky Honey and Garlic Sauce with Fish and Prawns	Chicken Biryani
Salad Box 1	Mexican BBQ Salad Box (Vegan)	Mexican BBQ Salad Box (Vegan)	Spiced Kidney Bean, Herb and Lemon Salad with Beetroot Falafel and Coconut Dressing (Vegan)	Spiced Kidney Bean, Herb and Lemon Salad with Beetroot Falafel and Coconut Dressing (Vegan)	
Salad Box	Avocado, Tomato, Mozzarella and Basil Pasta Salad (V)	Avocado, Tomato, Mozzarella and Basil Pasta Salad (V)		Thai Cashew, Vegetable and Noodle Salad Box with Cashew Saatay Sauce (Vegan)	Thai Cashew, Vegetable and Noodle Salad Box with Cashew Saatay Sauce (Vegan)
Salad Box 3		Sweet Potato Fish Cakes with Rice Salad and Thai Dressing	Sweet Potato Fish Cakes with Rice Salad and Thai Dressing	Hot and Fruity Caribbean Coleslaw with Jerk Chicken and Rice	Hot and Fruity Caribbean Coleslaw with Jerk Chicken and Rice
Dessert	Chocolate and Tahini Cream Tart (Vegan)	Chocolate and Ricotta Torta with Mascarpone Cream (V)	Apple and Ginger Sour Cream Cake (V)	Mango and Strawberry Eton Mess (V)	Blackcurrant and Coconut Meringue Slice (V)