

Lunch 1

– Weeks commencing 12 Jan, 2 Feb, 23 Feb, 16 Mar

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Roasted Butternut Squash and Chickpea Curry Soup (Vegan)	Potato a la Riojera (Pepper, Chorizo Style sausage and Potato Soup) (Vegan)	Creamy White Bean and Kale (Vegan)	Spicy Roasted Corn (Vegan)	Golden Coconut and Lentil (Vegan)
Option 1	Roasted Celeriac Steak with Kimchi, Apple and Pear Salsa Crushed Roasted Potatoes Roquette and Roasted Vegetable Salad (Vegan)	Triple Mushroom Pilaf with Roasted Spiced Squash and Greens (Vegan)	Root Vegetable Gratin with Marinated, Roasted Tomatoes and Flat Mushrooms Carrots with Herb Olive Oil (Vegan)	Bulger Wheat Fritters with Roasted Tomato, Pepper and Chilli Sauce Green Vegetables (Vegan)	Sausages on Spring Onion Mash with Onion Gravy and Green Vegetables (Vegan)
Option 2	Butternut Squash and Spinach Lasagne Salad with Ciabatta Croutons and Roasted Vegetables (V)	Dijon Mustard and Leek 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	Braised Ox Tail with Sherry Mash Green Vegetables	Baked Coconut Panko Cod with Katsu Sauce Rice Green Vegetables
Salad Box 1	Mixed Bean Salad with Roasted Rustic Vegetables (Vegan)	Mixed Bean Salad with Roasted Rustic Vegetables (Vegan)	Mexican Corn and Avocado Salad with Roasted Chipotle Tofu (Vegan)	Mexican Corn and Avocado Salad with Roasted Chipotle Tofu (Vegan)	
Salad Box 2	Squash, Feta and Bulgur Wheat Salad with Harissa Yoghurt (V)	Squash, Feta and Bulgur Wheat Salad with Harissa Yoghurt (V)		Sweet Potato and Quinoa Salad with Sesame and Maple Dressing (Vegan)	Sweet Potato and Quinoa Salad with Sesame and Maple Dressing (Vegan)
Salad Box 3		Hot Smoked Salmon, New Potato and Boiled Egg Salad with Lemon and Caper Dressing	Hot Smoked Salmon, New Potato and Boiled Egg Salad with Lemon and Caper Dressing	Chicken and Sweet Potato Shawarma Box with Lemon and Herb Dressing	Chicken and Sweet Potato Shawarma Box with Lemon and Herb Dressing
Dessert	Triple Layer Chocolate Mousse Cake (Vegan)	Sticky Toffee Pudding with Sticky Toffee Sauce and Cream (V)	Salted Caramel Brownie with Chocolate Sauce and Cream (V)	Almond Croissant Style Cookie Bars with Lemon and Raspberry Cream (V)	Crème Caramel with Raspberries (V)

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Dinner 1 – Weeks commencing 2 Feb, 23 Feb, 16 Mar

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Roasted Butternut Squash and Chickpea Curry Soup (Vegan)	Potato a la Riojera (Pepper, Chorizo Style sausage and Potato Soup) (Vegan)	Creamy White Bean and Kale (Vegan)	Spicy Roasted Corn (Vegan)	Golden Coconut and Lentil (Vegan)
Option 1	Beetroot and Mint Burgers Sweet Potato Fries Pickled Carrot and Beetroot Salad (Vegan)	Shakshuka with Vegan Balls Baked Rice Vegan Greek Salad (Vegan)	Gambian Style Peanut and Bean Stew Rice Selection of Vegetables (Vegan)	Spiced Cauliflower and Celeriac Bhajis with Mango Chutney and Mint Mayo Chips Broccoli and Peas (Vegan)	Spicy Squash Curry Rice Homemade Pakoras Coriander Yoghurt Poppadom Mango Chutney (Vegan)
Option 2	Feta, Red Pepper and Aubergine Stack Burger Sweet Potato Fries Pickled Carrot and Beetroot Salad (V)	Lamb Moussaka with Greek Salad and Roasted New Potatoes	Sauté Chicken with Spinach, Mushroom and Shallot Sauce Rice Selection of Vegetables	Battered Fish and Chips with Homemade Tartare Sauce Broccoli and Peas	Creamy Chicken and Vegetable Korma Rice Homemade Pakoras, Coriander Yoghurt Poppadom Mango Chutney
Salad Box 1	Mixed Bean Salad with Roasted Rustic Vegetables (Vegan)	Mixed Bean Salad with Roasted Rustic Vegetables (Vegan)	Mexican Corn and Avocado Salad with Roasted Chipotle Tofu (Vegan)	Mexican Corn and Avocado Salad with Roasted Chipotle Tofu (Vegan)	
Salad Box 2	Squash, Feta and Bulgur Wheat Salad with Harissa Yoghurt (V)	Squash, Feta and Bulgur Wheat Salad with Harissa Yoghurt (V)		Sweet Potato and Quinoa Salad with Sesame and Maple Dressing (Vegan)	Sweet Potato and Quinoa Salad with Sesame and Maple Dressing (Vegan)
Salad Box 3		Hot Smoked Salmon, New Potato and Boiled Egg Salad with Lemon and Caper Dressing	Hot Smoked Salmon, New Potato and Boiled Egg Salad with Lemon and Caper 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 (Vegan)	Greek Orange Cake with Vanilla Cake(V)	Chocolate Souffle Cake with Orange Cream (V)	Lemon and Clementine Cake with Raspberry Cream (V)	Coffee Mousse with Tahini Fudge (V)

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Lunch 2 – Weeks commencing 19 Jan, 9 Feb, 2 Mar, 23 Mar

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Roasted Carrot and Cumin (Vegan)	Green Lentil Stew with Spinach and Tahini (Vegan)	Creamy Mushroom and Rice (Vegan)	Sweet Potato, Chickpea and Lentil (Vegan)	Roasted Garlic and Cauliflower Chowder (Vegan)
Option 1	Leek, Butterbean and Potato Pie Roasted Carrots Green Vegetables (Vegan)	Chickpea, Butternut Squash and Spinach Curry Basmati Rice Poppadum (Vegan)	Chorizo and Borlotti Turnovers with Spiced Vegetable and Lentil Sauce Roast Potatoes with Thyme and Rosemary Roquette Salad (Vegan)	Slow-cooked Butterbean and Aubergine Stew with Fresh Chimichurri Beetroot and Chickpea Salad (Vegan)	Beetroot and Sweet Potato Rosti with Coconut Tzatziki and Roasted, Spiced, Squash Wedge Mixed Green Vegetables (Vegan)
Option 2	Pine Nut, Spinach and Goat's Cheese Frittata with Tomato and Basil Compote Roast New Potatoes Green Vegetables (V)	Pork and Chorizo with Tomatoes and Butterbeans Sauté Potatoes Fine Beans	Baked Chicken with Sumac, Lemon, Sesame and Herbs Roast Potatoes with Thyme and Rosemary Roquette Salad	Lamb Pastitsio (Lamb and Macaroni Bake) Kos Lettuce, Tomato, Feta and Olive Salad	Salmon, Garlic, Lemon and Spinach Pasta Bake Mixed Green Vegetables
Salad Box 1	Farro, Roasted Vegetable and Cauliflower Salad with Butterbean Smash (Vegan)	Farro, Roasted Vegetable and Cauliflower Salad with Butterbean Smash (Vegan)	Vegan Chorizo, Roasted Red Pepper and Sun-dried Tomato Pasta Salad (Vegan)	Vegan Chorizo, Roasted Red Pepper and Sun-dried Tomato Pasta Salad (Vegan)	
Salad Box 2	Radish and Broad Bean Salad with Feta Cheese (V)	Radish and Broad Bean Salad with Feta Cheese (V)		Fruity Coconut, Peanut and Wild Rice Salad with Thai Curry Roasted Vegetables (Vegan)	Fruity Coconut, Peanut and Wild Rice Salad with Thai Curry Roasted Vegetables (Vegan)
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	Apple Jalousie with Cardamom Cream and Poached Cherries (Vegan)	Bakewell Slice with Vanilla Cream (V)	Sticky Banana and Date Pudding with Sticky Sauce and Cream (V)	Galatopita- Greek Lemon Tart with Yoghurt Cream (V)	Cherry and Spiced Black Pepper Torte with Ginger and Honey Cream (V)

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Dinner 2 – Weeks commencing 19 Jan, 9 Feb, 2 Mar

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Roasted Carrot and Cumin (Vegan)	Green Lentil Stew with Spinach and Tahini (Vegan)	Creamy Mushroom and Rice (Vegan)	Sweet Potato, Chickpea and Lentil (Vegan)	Roasted Garlic and Cauliflower Chowder (Vegan)
Option 1	Spanish Lentil and Potato Stew with Rice and Dressed Green Vegetables (Vegan)	Burnt Aubergine, Chocolate and Lime Chilli with Avocado and Coriander Herb Rice Coconut Yoghurt (Vegan)	Miso and Mushroom Risotto Courgette, Mint and Olive Oil Salad (Vegan)	Sambal Oelek and Tofu Meatballs in Lemongrass Sauce Steamed Vegetables (Vegan)	Aubergine Balti, Rice Naan Homemade Bhajis Mango Chutney Coriander Coconut Yoghurt (Vegan)
Option 2	Huevos a la Flamenco – Potatoes with Peppers, Paprika and Eggs Dressed Green Vegetables (V)	Chunky Steak and Three Bean Chili with Sour Cream Herb Rice Coconut Yoghurt	Puttanesca Pasta Bake Courgette, Mint and Olive Oil Salad	Beef with Cumin and Spring Onions, Rice and Steamed Vegetables	Broccoli, Chicken and Peanut Curry Rice Naan Homemade Bhajis Mango Chutney Coriander Coconut Yoghurt
Salad Box 1	Farro, Roasted Vegetable and Cauliflower Salad with Butterbean Smash (Vegan)	Farro, Roasted Vegetable and Cauliflower Salad with Butterbean Smash (Vegan)	Vegan Chorizo, Roasted Red Pepper and Sun-dried Tomato Pasta Salad (Vegan)	Vegan Chorizo, Roasted Red Pepper and Sun-dried Tomato Pasta Salad (Vegan)	
Salad Box 2	Radish and Broad Bean Salad with Feta Cheese (V)	Radish and Broad Bean Salad with Feta Cheese (V)		Fruity Coconut, Peanut and Wild Rice Salad with Thai Curry Roasted Vegetables (Vegan)	Fruity Coconut, Peanut and Wild Rice Salad with Thai Curry Roasted Vegetables (Vegan)
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	Chocolate Basque Cheesecake with Poached Strawberries (Vegan)	Choconut Tart with Custard Cream (V)	Pear Upside Down Cake with Yoghurt Cream (V)	Baked Custard Tarts (V)	Tapioca Fritters with Orange and Star Anise Syrup and Cream (V)

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Lunch 3

– Weeks commencing 26 Jan, 16 Feb, 9 Mar

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Spicy Parsnip and Fresh Turmeric <i>(Vegan)</i>	Roasted Cauliflower and Chickpea <i>(Vegan)</i>	Roasted Tomato, Pepper and Butterbean with Gremolata <i>(Vegan)</i>	Roasted Vegetable and Millet <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>	Roasted Squash, Spinach and Tomato Layered Pie Roasted New Potatoes, Green Vegetables <i>(Vegan)</i>	Leek, Pistachio and Jalapeño Galette with Tomato and Lime Chutney Roasted New Potatoes, Broccoli and Fine Beans <i>(Vegan)</i>	Gnocchi with Chestnut Mushrooms, Smoked Tofu, and Spinach <i>(Vegan)</i>	Roasted Vegetable and Lentil Casserole with Spiced Root Vegetable Top <i>(Vegan)</i>
Option 2	Celeriac and Flat Mushroom Dauphinoise with Tomato Compote Peas and Steamed Cabbage <i>(V)</i>	Turkey and Mushroom Pie with Mushroom and Leek Sauce Creamy Mash Green Vegetables	Tray-Baked Chicken with Roasted Vegetables, Tomatoes and Basil, Roasted New Potatoes, Broccoli and Fine Beans	Salt Beef, Parsley and Potato Cakes with Homemade Piccalilli Cucumber, Cabbage and Radish Salad	Tray-baked Salmon Risotto with Coriander and Chilli Pesto, Tenderstem Broccoli
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	Mediterranean Vegetable, Boiled Egg and Avocado Salad with Oregano and Lemon Dressing <i>(V)</i>	Mediterranean Vegetable, Boiled Egg and Avocado Salad with Oregano and Lemon Dressing <i>(V)</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		Gochujang and Honey Salmon with Miso and Sesame Rice and Greens	Gochujang and Honey Salmon with Miso and Sesame Rice and Greens	Roasted Spiced Chicken with Paprika, Lentil, Sriracha and Miso Mayonnaise Salad	Roasted Spiced Chicken with Paprika, Lentil, Sriracha and Miso Mayonnaise Salad
Dessert	Chocolate Ganache Tart with Anzac Base and Caramel Cream <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>	Lemon Cheesecake with Berry Compote <i>(V)</i>

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Dinner 3 – Weeks commencing 26 Jan, 16 Feb, 9 Mar

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Spicy Parsnip and Fresh Turmeric <i>(Vegan)</i>	Roasted Cauliflower and Chickpea <i>(Vegan)</i>	Roasted Tomato, Pepper and Butterbean with Gremolata <i>(Vegan)</i>	Roasted Vegetable and Millet <i>(Vegan)</i>	Ginger, Sweet Potato and Coconut <i>(Vegan)</i>
Option 1	Butternut Squash and Pea Risotto Cake with Dill and Lemon Pickled Cucumber Roasted Tomato, Onion and Peppers <i>(Vegan)</i>	Sweet Potato, Lime and Butterbean Enchiladas, Roasted Sweet Potato Guacamole <i>(Vegan)</i>	Creamy Tahini and Aubergine Pasta Tenderstem and Broccoli <i>(Vegan)</i>	Dry Fried Beans with Minced Tofu, Chilli and Ginger Cabbage Rice <i>(Vegan)</i>	Black Eyed Bean Curry Rice Naan Vegetable Samosas Mango Chutney Coriander Yoghurt <i>(Vegan)</i>
Option 2	Halloumi, Potato and Courgette Scarpacia with Roasted Tomato, Onion and Peppers Fine Beans <i>(V)</i>	Chicken, Mixed Bean and Pepper Enchiladas Roasted Sweet Potato Guacamole	Lamb, Red Wine and Vegetable Rigatoni Tenderstem and Broccoli	Kung Pao Prawns Chilli and Ginger Cabbage Rice	Slow Cooked Lamb Bhuna Rice Naan Vegetable Samosas Mango Chutney Coriander Yoghurt
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	Mediterranean Vegetable, Boiled Egg and Avocado Salad with Oregano and Lemon Dressing <i>(V)</i>	Mediterranean Vegetable, Boiled Egg and Avocado Salad with Oregano and Lemon Dressing <i>(V)</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		Gochujang and Honey Salmon with Miso and Sesame Rice and Greens	Gochujang and Honey Salmon with Miso and Sesame Rice and Greens	Roasted Spiced Chicken with Paprika, Lentil, Sriracha and Miso Mayonnaise Salad	Roasted Spiced Chicken with Paprika, Lentil, Sriracha and Miso Mayonnaise Salad
Dessert	Carrot Cake Muffins <i>(Vegan)</i>	Blood Orange and Almond Cake with Lemon and Blackberry Cream <i>(V)</i>	Cherry and Greek Yoghurt Fool <i>(V)</i>	Blackberry and Peach Cornmeal Cake with Brown Butter Icing and Yoghurt Cream <i>(V)</i>	Banoffee Glasses <i>(V)</i>

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