

Lunch Menu

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Week One	<p>Thai Chicken Curry / Thai Tofu Curry with White Rice</p> <p>Seasonal Fruit Salad</p>	<p>Lamb Moussaka / Lentil Moussaka with Garlic Bread and Mixed Salad</p> <p>Rhubarb Fool</p>	<p>Pork Ragu / Soya and Apple Ragu with New Potatoes, Broad Beans and Courgettes</p> <p>Pineapple Upside Down Pudding with Custard</p>	<p>Salmon and Pea Risotto / Bean and Pea Risotto</p> <p>Blueberry Sponge Cake</p>	<p>Bean and Vegetable Sausage Wholemeal Pasta Bake</p> <p>Plain Greek Yoghurt with Raspberry Purée</p>
Week Two	<p>BBQ Chicken / BBQ Quorn with New Potatoes and Roast Vegetables</p> <p>Lemon and Sultana Cake</p>	<p>Beef and Spinach Curry / Chickpea and Spinach Curry with White Rice and Naan Bread</p> <p>Seasonal Fruit Salad</p>	<p>Steamed Cod in Tomato and Pepper Sauce / Tofu in Tomato and Pepper Sauce with Cous Cous and Green Beans</p> <p>Rice Pudding and Raspberries</p>	<p>Vegetable and Red Lentil Dhansak with Brown Rice</p> <p>Fruit, Jelly and Ice-cream</p>	<p>Turkey Meatballs / Veggie 'Meatballs' with White Spaghetti</p> <p>Peach Fool Ripple</p>
Week Three	<p>Beef and Mushroom Stroganoff / Bean and Mushroom Stroganoff with White Rice</p> <p>Banana Buns</p>	<p>Thai Chicken Curry / Thai Tofu Curry with Rice</p> <p>Yoghurt and Dried Apricots</p>	<p>Gammon / Quorn Fillet with Parsley Sauce, New Potatoes and Green Beans</p> <p>Seasonal Fruit Platter</p>	<p>Cod, Potato and Spinach Curry / Lentil, Potato and Spinach Curry with Cous Cous</p> <p>Creamy Apricot Dessert</p>	<p>Chicken and Vegetable Pie / Cheese and Vegetable Pie with Roast Potatoes and Spring Greens</p> <p>Summer Crumble and Custard</p>

Tea Menu

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Week One	<p>Bean and Tomato Gnocchi Bake with Bread and Spread</p> <p>Strawberry Frozen Yoghurt</p>	<p>Tuna Fishcakes / Potato and Lentil Cakes with Tomato Relish</p> <p>Seasonal Fruit Salad</p>	<p>Pasta with Beans and Peas</p> <p>Rice Pudding with Peach Purée</p>	<p>Wholemeal English Muffin Pizza with Various Toppings</p> <p>Banana Slices</p>	<p>Crust-less Quiche with Potato Salad and Pepper Sticks</p> <p>Apple Slices and Raisins</p>
Week Two	<p>Selection of Pitta Breads with Cheese, Ham and Vegetable Sticks</p> <p>Rice Pudding and Raisins</p>	<p>Sardine Pâté / Pinto Bean Spread on White Toast with Grilled Tomatoes</p> <p>Fruit Yoghurt Pods</p>	<p>Vegetarian Sausage with Wholemeal Pasta</p> <p>Seasonal Fruit Kebabs</p>	<p>Lemon Chicken / Lemon Soya Wrap with Lettuce and Cucumber</p> <p>Plain Greek Yoghurt with Strawberries and Blackcurrants</p>	<p>Pea and Asparagus Frittata with New Potato Salad</p> <p>Pineapple Slices</p>
Week Three	<p>Selection of Pitta Breads with Cheese, Ham and Vegetable Sticks</p> <p>Strawberry Frozen Yoghurt</p>	<p>Lamb and Mint Koftas / Veggie Mince and Mint Koftas with Tomato Sauce and Wholemeal Pitta Bread</p> <p>Apple Slices and Dates</p>	<p>Salmon and Broccoli Pasta / Lentil and Broccoli Pasta with Sweetcorn</p> <p>Semolina and Blackberry Compote</p>	<p>Homemade Ham Flatbread / Cheese Flatbread</p> <p>Melon</p>	<p>Cous Cous and Chickpea Salad</p> <p>Dairy Ice-cream and Mango Slices</p>

