



# WEEK 1 SENIOR LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP					
CLASSIC	BAKED CHICKEN SAUSAGE PEAR, APPLE & THYME	PORK MEATBALLS TOMATO SAUCE	GAMMON EGG	BBQ KOREAN STICKY CHICKEN GRILLED FLAT BREAD	COD GOUJON TACOS
NOURISH	BAKED GLAMORGAN SAUSAGE	SOYA & LENTIL MEATBALLS TOMATO SAUCE	CAULIFLOWER STEAK EGG & PINEAPPLE	SOY & BARLEY KOFTA KEBAB	QUORN TACO
SIDES	SWEET POTATO WEDGES GREEN BEANS CORN ON COB GRAVY	WHOLE WHEAT PENNE PASTA CARROTS BROCCOLI	COLCANNON CAULIFLOWER SUGAR SNAP PEAS CHEESE SAUCE	PAK CHOI STEM BROCCOLI CHAI SEED & ROAST ONION SWEETCORN	POTATO PUFFS PEA BEANS
JACKET/PASTA BAR	PASTA CHEESE SAUCE	JACKET BEANS CHEESE	PASTA TOMATO SAUCE	JACKET POTATO BEANS CHEESE	PASTA CHEESE SAUCE
DESSERT	BANANA & TOFFEE PANCAKES	BAKED ALASKA	APPLE APRICOT LEMON STRUDEL	STICKY ORANGE CARDAMON & GINGER PUDDING	BROWNIE COOKIES BERRRIES
EVERY DAY	SELECTION OF FRESHLY CUT & WHOLE FRUITS				
HYDRATION					



# WEEK 2 SENIOR LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP					
CLASSIC	BEEF CHILI NACHOS	BUTTERMILK CHICKEN	ROAST PORK APPLE & SAGE STUFFING	CRISPY DUCK/CHICKEN PANCAKES	BAKED SALMON CHIMICHURRI
NOURISH	LENTIL & BEAN CHILI NACHOS	QUORN & POTATO BUTTERMILK PIECES	ROAST BUTTERNUT SAGE & APPLE STUFFING	VEGETABLE & BEAN STIRFRY	CHICPEA & LENTIL BAKE
SIDES	TORTILLA CHIPS CAULIFLOWER BAKED ZUCCHINI	MAC 'N' CHEESE CORN ON COB BROCCOLI	ROAST POTATO GRAVY CARROTS PEAS	VEGETABLE SPRING ROLLS PAC CHOI & EDAMAME LOTUS ROOT	LEMON & HERB RICE STIR FRY GREEN BEANS AND SAMPHIRE
JACKET/PASTA BAR	WHOLEMEAL PASTA CHEESE SAUCE	JACKET POTATO BEANS CHEESE	WHOLEMEAL PASTA CHEESE SAUCE	WHOLEMEAL PASTA CHEESE SAUCE	JACKET POTATO BEANS CHEESE
DESSERT	CHOCOLATE RIPPLE CAKE LIME CURD CREAM	CARAMEL BISCOFF TART	APPLE & PEAR CRUMBLE CUSTARD	RED VELVET CUP CAKES	STRAWBERRY CRUMB BARS
EVERY DAY	SELECTION OF FRESHLY CUT & WHOLE FRUITS				
HYDRATION					





# WEEK 3 SENIOR LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP					
CLASSIC	CHILI ORANGE & MINT BAKED CHICKEN	WHOLEMEAL PIZZA	BRUNCH	BRAISED LAMB MASALA	BATTERED COD
NOURISH	FRIED HALOUMI, OLIVE, TOMATO & OREGANO	WHOLEMEAL PIZZA	BRUNCH	SWEET POTATO & BEAN MASALA	TEMPURA VEGETABLES
SIDES	POTATOES ROAST CAULIFLOWER CARROTS	CORN BAKEN ZUCCHINI	HASH BROWN TOMATO MUSHROOM FRIED EGGS	PILAU RICE CARROT SWEETCORN	CHIPS PEAS PICKLED CUCUMBER
JACKET/PASTA BAR	WHOLEMEAL PASTA CHEESE SAUCE	JACKET POTATO BEANS CHEESE	PASTA CHEESE SAUCE	JACKET POTATO BEANS CHEESE	PASTA CHEESE BEANS
DESSERT	LEMON DRIZZLE	STRAWBERRY SMOOTHIES	SPRINKLE CAKE & PEACHES	CHOCOLATE ORANGE CAKE	CARROT & APPLE CUPCAKES
EVERY DAY	SELECTION OF FRESHLY CUT & WHOLE FRUITS				
HYDRATION					