



# WEEK 1 SENIOR LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP					
CLASSIC	MEATBALLS TOMATO SAUCE	CHILI ORANGE & MINT BAKED CHICKEN	ROAST PORK APRICOT & SAGE STUFFING	BBQ KOREAN STICKY CHICKEN FLATBREAD	BATTERED COD
NOURISH	SOYA & LENTIL MEATBALLS	FRIED HALOUMI, OLIVE, TOMATO & OREGANO	BUTTERNUT & CHICKPEA ROAST	SOY & BARLEY KOFTA KEBAB	TEMPURA VEGETABLES
SIDES	CORN ON COB CAULIFLOWER	POTATOES GREE N BEANS CARROTS	ROAST POTATO GRAVY BROCCOLI PEAS	ROAST BUTTERNUT SQUASH SWEETCORN	TRIPPLE COOKED CHIPS PEAS BAKED BEANS
JACKET/PASTA BAR	JACKET POTATO BEANS CHEESE	WHOLEMEAL PASTA SAUCE CHEESE	JACKET POTATO BEANS CHEESE	WHOLEMEAL PASTA SAUCE CHEESE	PASTA CHEESE SAUCE
DESSERT	CARROT & ORANGE SMOOTHIE	BANANA & CARAMEL PANCAKES	APPLE & PEAR CRUMBLE & CUSTARD	STICKY DATE SPONGE TOFFEE SAUCE	BROWNIE COOKIES
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	BRUNCH	CRISPY DUCK/CHICKEN PANCAKES	BAKED SALMON CHIMICHURRI
NOURISH	LENTIL & BEAN CHILI NACHOS	QUORN & POTATO BUTTERMILK PIECES	BRUNCH	VEGETABLE & BEAN STIRFRY	CHICPEA & LENTIL BAKE
SIDES	TORTILLA CHIPS CAULIFLOWER BAKED ZUCCHINI	MAC 'N' CHEESE CORN ON COB BROCCOLI	HASH BROWN TOMATO MUSHROOMS BEANS FRIED EGG	VEGETABLE SPRING ROLLS PAC CHOI & EDAMAME LOTUS ROOT	LEMON & HERB RICE STIR FRY GREEN BEANS AND SAMPHIRE
JACKET/PASTA BAR	WHOLEMEAL PASTA SAUCE CHEESE	JACKET POTATO BEANS CHEESE	WHOLEMEAL PASTA SAUCE CHEESE	WHOLEMEAL PASTA SAUCE CHEESE	JACKET POTATO BEANS CHEESE
DESSERT	CHOCOLATE RIPPLE CAKE LIME CURD CREAM	BANOFFI	SPRINKLE CAKE & PEACHES	STICKY ORANGE CARDAMON & GINGER PUDDING	FRUIT CRUMB BARS
EVERY DAY	SELECTION OF FRESHLY CUT & WHOLE FRUITS				
HYDRATION					





# WEEK 3 SENIOR LUNCH

CHOCOLATE ORANGE CAKE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP					
CLASSIC	WHOLEMEAL PIZZA	BAKED CHICKEN SAUSAGE PEAR, APPLE & THYME	GAMMON EGG CHEESE SAUCE	BRAISED LAMB MASALA	GOD GOUJON TACOS
NOURISH	WHOLEMEAL PIZZA	BAKED GLAMORGAN SAUSAGE	SOYA & BEAN STEAK CHARED PINEAPPLE	SWEET POTATO & BEAN MASALA	QUORN TACOS
SIDES	CORN ON THE COB GREN BEANS	MASH BROCCOLI CARROT S GRAVY	WAFFLE FRIES CAULIFLOWER PEAS	PILAU RICE CARROT SWEETCORN	POTATO PUFFS PEAS BEANS
JACKET/PASTA BAR	WHOLEMEAL PASTA CHEESE SAUCE	JACKET POTATO BEANS CHEESE	WHOLEMEAL PASTA SAUCE CHEESE	JACKET POTATO BEANS CHEESE	WHOLEMEAL PASTA SAUCE CHEESE
DESSERT	BAKED ALASKA	CHOCOLATE ORANGE CAKE	APPLE, APRICOT, LEMON STRUDEL CUSTARD	LEMON DRIZZLE	BUTTERNUT BROWNIE
EVERY DAY	SELECTION OF FRESHLY CUT & WHOLE FRUITS				
HYDRATION					