

# Daily Lunch

6/11 - 10/11

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## DAILY ITEMS

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Fresh Fruit

4 Daily Salads + Pick n Mix

Hard Boiled Eggs

Grated Cheddar Cheese

## MONDAY 6/11

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- **Snack:** Cereal / Strawberry Lime Smoothie
- **Main Dish 1:** Spaghetti Bolognese
- **Main Dish 2:** Leek, Peak & Watercress Soup
- **Vegetables:** Garlic Broccolini
- **Side Dish:** Garlic Bread
- **Dessert:** Rice Pudding

## TUESDAY 7/11

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- **Snack:** Croissants / Lemonade Smoothie
- **Main Dish 1:** Shepherd's Pie
- **Main Dish 2:** Cauliflower Cheese
- **Vegetables:** Steam Peas
- **Side Dish:** Hummus, Pita & Feta
- **Dessert:** Fruit Salad and Yoghurt

## WEDNESDAY 8/11

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- **Snack:** Vegetable Platter / Banana Smoothie
- **Main Dish 1:** Mushroom Risotto
- **Main Dish 2:** Bean Stew
- **Vegetables:** Stir Fried Gren Beans
- **Side Dish:** Tomato & Mozzarella Baguette
- **Dessert:** Chocolate Tart

## THURSDAY 9/11

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- **Snack:** Porridge / Blackberry Smoothie
- **Main Dish 1:** Asparagus Quiche
- **Main Dish 2:** Ultimate Beans Burrito
- **Vegetables:** Roast Mix Vegetables
- **Side Dish:** Nachos & Dips
- **Dessert:** Semolina with Berries Compote

## FRIDAY 10/11

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- **Snack:** Shortbread / Carrot & Ginger Shot
- **Main Dish 1:** Margherita Pizza
- **Main Dish 2:** Spicy Veggie Pizza
- **Vegetables:** Sweet Corn
- **Side Dish:** Japanese Noodle Soup
- **Dessert:** Assorted Melons



# Daily Lunch

13/11 - 17/11

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## DAILY ITEMS

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Fresh Fruit  
4 Daily Salads + Pick n Mix  
Hard Boiled Eggs  
Grated Cheddar Cheese

## MONDAY 13/11

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- **Snack:** Cereal / Kiwi Strawberry Smoothie
- **Main Dish 1:** Penne with Pesto
- **Main Dish 2:** Veggie Lentil Soup
- **Vegetables:** Roast Broccoli & Cauliflower
- **Side Dish:** Homemade Bread
- **Dessert:** Fruit Salad

## TUESDAY 14/11

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- **Snack:** Toast / Mango Strawberry Smoothie
- **Main Dish 1:** Chilli Mince with Carne
- **Main Dish 2:** Baked Jacket Potatoes
- **Vegetables:** Sweet Potato Falafel
- **Side Dish:** Cheese & Cucumber Sandwiches
- **Dessert:** Warm Fudge Brownie

## WEDNESDAY 15/11

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- **Snack:** Banana Cake / Blueberry Smoothie
- **Main Dish 1:** Coconut Curry
- **Main Dish 2:** Onion Bhajis & Spring Rolls
- **Vegetables:** Garlic Broccolini
- **Side Dish:** Rice
- **Dessert:** Mixed Fruit Yoghurts

## THURSDAY 16/11

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- **Snack:** Assorted Yoghurts / Green Smoothie
- **Main Dish 1:** Gnocchi with Sauce
- **Main Dish 2:** Cheese & Vegetable Tart
- **Vegetables:** Roast Mix Vegetables
- **Side Dish:** Broccoli Cream Soup
- **Dessert:** Vanilla Cake

## FRIDAY 17/11

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- **Snack:** Crackers / Carrot & Ginger Shot
- **Main Dish 1:** Vegan Chicken Burger
- **Main Dish 2:** Carrot & Coriander Soup
- **Vegetables:** Capresse Salad
- **Side Dish:** Fries
- **Dessert:** Fruit Platter



# Daily Lunch

20/11 - 24/11

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## DAILY ITEMS

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Fresh Fruit  
4 Daily Salads + Pick n Mix  
Hard Boiled Eggs  
Grated Cheddar Cheese

## MONDAY - 20/11

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- **Snack:** Croissants / Purple Haze Smoothie
- **Main Dish 1:** Udon Noodle with Tofu
- **Main Dish 2:** Asparagus Frittata
- **Vegetables:** Homemade Bread
- **Side Dish:** Roast Broccoli & Cauliflower
- **Dessert:** Fruit Salad

## TUESDAY - 21/11

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- **Snack:** Cereals / Lemon & Lime Smoothie
- **Main Dish 1:** Macaroni Cheese
- **Main Dish 2:** Stuffed Peppers with Rice
- **Vegetables:** Steam Sugar Snap Peas
- **Side Dish:** Tomato & Mozzarella Toast
- **Dessert:** Fruit Salad

## WEDNESDAY - 22/11

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- **Snack:** Vegetable Platter / Boost Smoothie
- **Main Dish 1:** Sweet Potato Wellington
- **Main Dish 2:** Classic Roast Dinner
- **Vegetables:** Caprese Salad
- **Side Dish:** Yorkshire Pudding
- **Dessert:** Oreo Cheesecake

## THURSDAY - 23/11

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- **Snack:** Pain Au Chocolate / Mango Smoothie
- **Main Dish 1:** Ratatouille
- **Main Dish 2:** Spinach Quiche
- **Vegetables:** Steam Broccoli
- **Side Dish:** Homemade Bread
- **Dessert:** Vanilla Ice Cream

## FRIDAY - 24/11

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- **Snack:** Oats / Pineapple Smoothie
- **Main Dish:** Friday Brunch
- **Side Dish:** Pancakes
- **Dessert:** Fruit Salad



# Daily Lunch

27/11 - 1/12

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## DAILY ITEMS

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Fresh Fruit  
4 Daily Salads + Pick n Mix  
Hard Boiled Eggs  
Grated Cheddar Cheese

## MONDAY - 27/11

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- **Snack:** Cereal / Lemon & Lime Smoothie
- **Main Dish 1:** Stuffed Baked Potatoes
- **Main Dish 2:** Lentil Bolognese
- **Vegetables:** Steam Broccoli
- **Side Dish:** Cheese & Tomato Toast
- **Dessert:** Fruit Salad

## TUESDAY - 28/11

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- **Snack:** Yoghurt & Toast / Banana Smoothie
- **Main Dish 1:** Cream Tomato Soup
- **Main Dish 2:** Fried Rice with Vegetables
- **Vegetables:** Steam Sugar Snap Peas
- **Side Dish:** Homemade Bread
- **Dessert:** Mix Fruit Crumble

## WEDNESDAY - 29/11

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- **Snack:** Cookies / Purple Haze Smoothie
- **Main Dish 1:** Vegetable Lasagne
- **Main Dish 2:** Potato & Leek Soup
- **Vegetables:** Roast Broccoli & Cauliflower
- **Dessert:** Fruit Salad

## THURSDAY - 30/11

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- **Snack:** Pita Bread / Strawberry Milkshake
- **Main Dish 1:** Three Cheese Tart
- **Main Dish 2:** Thai Red Curry
- **Vegetables:** Stir Fried Green Beans
- **Side Dish:** Spring Rolls
- **Dessert:** Vanilla Cake

## FRIDAY - 1/12

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- **Snack:** Chocolate Cake / Green Smoothie
- **Main Dish 1:** Veggie Kebab Flatbreads
- **Main Dish 2:** Halloumi Kebab Flatbreads
- **Side Dish:** Potato Wedges
- **Dessert:** Mixed Melon Salad

