

LUNCH MENU WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	CREAM OF COURGETTE SOUP	CHICKEN & SWEETCORN SOUP	PEA & HAM SOUP SERVED	TOMATO & LENTIL SOUP	MINESTRONE SOUP SERVED
	SERVED WITH CRISPY	SERVED WITH CRISPY	WITH CRISPY CROUTONS AND	SERVED WITH CRISPY	WITH CRISPY CROUTONS AND
	CROUTONS AND MIXED SEEDS	CROUTONS AND MIXED SEEDS	MIXED SEEDS	CROUTONS AND MIXED SEEDS	MIXED SEEDS
BREAD	FRESHLY BAKED BREAD /	FRESHLY BAKED BREAD /	FRESHLY BAKED BREAD /	FRESHLY BAKED BREAD /	FRESHLY BAKED BREAD /
	WHOLEMEAL & WHITE ROLLS	WHOLEMEAL & WHITE ROLLS	WHOLEMEAL & WHITE ROLLS	WHOLEMEAL & WHITE ROLLS	WHOLEMEAL & WHITE ROLLS
MAIN MEAL OPTION	CHICKEN KORMA	TURKEY MEATBALLS IN GRAVY	PIZZA BAR: A SELECTION OF PIZZA WITH A CHOICE OF TOPPING OPTIONS: PEPPERONI, HAM & PINEAPLE AND CHEESE	MACARONI CHEESE	BREADED CHICKEN OR FRIED BREADED HADDOCK WITH LEMON AND TARTARE SAUCE
VEGETARIAN OPTION	VEGETABLE KORMA	VEGETABLE STIR FRY	PIZZA BAR: A SELECTION OF PIZZA WITH A CHOICE OF TOPPING OPTIONS: CHEESE, MUSHROOM & ONION	CAJUN VEGETABLE PASTA	CHILLI POPPERS
FRESHLY BAKED SNACKS	VARIOUS PANINI'S CHOICE OF 3 OPTIONS, MIXED TOASTIES OR CHEF'S DAILY VALUE SNACK	VARIOUS PANINI'S CHOICE OF 3 OPTIONS, MIXED TOASTIES OR CHEF'S DAILY VALUE SNACK	VARIOUS PANINI'S CHOICE OF 3 OPTIONS, MIXED TOASTIES OR CHEF'S DAILY VALUE SNACK	VARIOUS PANINI'S CHOICE OF 3 OPTIONS, MIXED TOASTIES OR CHEF'S DAILY VALUE SNACK	VARIOUS PANINI'S CHOICE OF 3 OPTIONS, MIXED TOASTIES OR CHEF'S DAILY VALUE SNACK
	BAKED JACKET POTATO WITH A CHOICE OF 2 FILLINGS	BAKED JACKET POTATO WITH A CHOICE OF 2 FILLINGS	BAKED JACKET POTATO WITH A CHOICE OF 2 FILLINGS	BAKED JACKET POTATO WITH A CHOICE OF 2 FILLINGS	BAKED JACKET POTATO WITH A CHOICE OF 2 FILLINGS
SIDE ORDERS	BOILED RICE, MIXED VEGETABLES & SLICED CARROTS	ROAST POTATOES, PEAS & TURNIP	SEASONAL TOSSED SALAD	TOASTED GARLIC BREAD	BAKED BEANS, MUSHY PEAS, CHIPS & CURRY SAUCE
SALAD BAR	A SELECTION OF 8 NUDE, PROTEIN, COMPOSITE, GREEN & SIMPLE SALAD OPTIONS	A SELECTION OF 8 NUDE, PROTEIN, COMPOSITE, GREEN & SIMPLE SALAD OPTIONS	A SELECTION OF 8 NUDE, PROTEIN, COMPOSITE, GREEN & SIMPLE SALAD OPTIONS	A SELECTION OF 8 NUDE, PROTEIN, COMPOSITE, GREEN & SIMPLE SALAD OPTIONS	A SELECTION OF 8 NUDE, PROTEIN, COMPOSITE, GREEN & SIMPLE SALAD OPTIONS
DESSERTS	ICE CREAM & FRUIT	STRAWBERRY MOUSSE	DOT'S HOMEMADE RHUBARB CRUMBLE & WARM CUSTARD	FRESH FRUIT PLATTER	HAPPY FRIDAY SPECIAL TREAT



LUNCH MENU WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	TOMATO & RED PEPPER SOUP	VEGETABLE BROTH SOUP	CURRIED BUTTERNUT SQUASH	SMOKED HADDOCK	YELLOW SPLIT PEA SOUP
	SERVED WITH CRISPY	SERVED WITH CRISPY	SOUP SERVED WITH CRISPY	CHOWDER SERVED WITH	SERVED WITH CRISPY
	CROUTONS AND MIXED SEEDS	CROUTONS AND MIXED SEEDS	CROUTONS AND MIXED SEEDS	CRISPY CROUTONS AND	CROUTONS AND MIXED SEEDS
				MIXED SEEDS	
BREAD	FRESHLY BAKED BREAD /				
	WHOLEMEAL & WHITE ROLLS				
MAIN MEAL OPTION	GAMMON STEAK &	CHILLI CON CARNE	ROLLED SAUSAGE MEAT IN	CHICKEN PASTA BAKE	BREADED CHICKEN OR FRIED
	PINEAPPLE		PASTRY TOPPING		BREADED HADDOCK WITH
					LEMON AND TARTARE SAUCE
VEGETARIAN OPTION	CHICKPEA CASSEROLE	VEGETABLE CHILLI	VEGETABLE SPRING ROLL	MACARONI CHEESE	CHILLI POPPERS
FRESHLY BAKED SNACKS	VARIOUS PANINI'S CHOICE OF				
	3 OPTIONS, MIXED TOASTIES				
	OR CHEF'S DAILY VALUE				
	SNACK	SNACK	SNACK	SNACK	SNACK
	BAKED JACKET POTATO WITH				
	A CHOICE OF 2 FILLINGS				
SIDE ORDERS	CARROTS, BRUSSEL SPROUTS	BROCCOLI, CABBAGE &	SEASONAL TOSSED SALAD &	POTATOES, PEAS & TURNIP	BAKED BEANS, MUSHY PEAS,
	& MASHED POTATO	GARLIC BREAD	POTATO WEDGES		CHIPS & CURRY SAUCE
SALAD BAR	A SELECTION OF 8 NUDE,				
	PROTEIN, COMPOSITE, GREEN				
	& SIMPLE SALAD OPTIONS				
DESSERTS	ICED SPONGE & CUSTARD	JELLY & CREAM, SEASONAL	ARCTIC ROLL, SEASONAL	SEASONAL FRUIT BASKET,	HAPPY FRIDAY SPECIAL TREAT,
	SAUCE, SEASONAL FRUIT	FRUIT BASKET, SELECTION OF	FRUIT BASKET, SELECTION OF	SELECTION OF PROBIOTIC	SEASONAL FRUIT BASKET,
	BASKET, SELECTION OF	PROBIOTIC YOGHURTS	PROBIOTIC YOGHURTS	YOGHURTS	SELECTION OF PROBIOTIC
	PROBIOTIC YOGHURTS				YOGHURTS



LUNCH MENU WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	CREAM OF TOMATO & BASIL	CREAM OF CHICKEN & RICE	BARLEY BROTH SOUP SERVED	MUSHROOM & TARRAGON	BROCCOLI & STILTON SOUP
	SOUP SERVED WITH CRISPY	SOUP SERVED WITH CRISPY	WITH CRISPY CROUTONS AND	SOUP SERVED WITH CRISPY	SERVED WITH CRISPY
	CROUTONS AND MIXED SEEDS	CROUTONS AND MIXED SEEDS	MIXED SEEDS	CROUTONS AND MIXED SEEDS	CROUTONS AND MIXED SEEDS
BREAD	FRESHLY BAKED BREAD /				
	WHOLEMEAL & WHITE ROLLS				
MAIN MEAL OPTION	CHICKEN & HAM FRIED RICE	CREAMY SAUSAGE & TOMATO BAKE	CHICKEN OR BEEF BURGER	CHILLI CON CARNE	BREADED CHICKEN OR FRIED BREADED HADDOCK WITH LEMON AND TARTARE SAUCE
VEGETARIAN OPTION	VEGETABLE CASSEROLE	CAJUN VEGETABLE PASTA	VEGETABLE BURGER	FRESH ONION & ROCKET TART	VEGETABLE NUGGETS
FRESHLY BAKED SNACKS	VARIOUS PANINI'S CHOICE OF 3 OPTIONS, MIXED TOASTIES OR CHEF'S DAILY VALUE SNACK  BAKED JACKET POTATO WITH A CHOICE OF 2 FILLINGS	VARIOUS PANINI'S CHOICE OF 3 OPTIONS, MIXED TOASTIES OR CHEF'S DAILY VALUE SNACK  BAKED JACKET POTATO WITH A CHOICE OF 2 FILLINGS	VARIOUS PANINI'S CHOICE OF 3 OPTIONS, MIXED TOASTIES OR CHEF'S DAILY VALUE SNACK  BAKED JACKET POTATO WITH A CHOICE OF 2 FILLINGS	VARIOUS PANINI'S CHOICE OF 3 OPTIONS, MIXED TOASTIES OR CHEF'S DAILY VALUE SNACK  BAKED JACKET POTATO WITH A CHOICE OF 2 FILLINGS	VARIOUS PANINI'S CHOICE OF 3 OPTIONS, MIXED TOASTIES OR CHEF'S DAILY VALUE SNACK  BAKED JACKET POTATO WITH A CHOICE OF 2 FILLINGS
SIDE ORDERS	MIXED VEGETABLES, CARROTS & PRAWN CRACKERS	CRUSTY BREAD, PEAS & FRESH BABYCORN	SEASONAL TOSSED SALAD & POTATO WEDGES	SOUR CREAM, CHEESE, SALSA & JALAPENOS	BAKED BEANS, MUSHY PEAS, CHIPS & CURRY SAUCE
SALAD BAR	A SELECTION OF 8 NUDE, PROTEIN, COMPOSITE, GREEN & SIMPLE SALAD OPTIONS	A SELECTION OF 8 NUDE, PROTEIN, COMPOSITE, GREEN & SIMPLE SALAD OPTIONS	A SELECTION OF 8 NUDE, PROTEIN, COMPOSITE, GREEN & SIMPLE SALAD OPTIONS	A SELECTION OF 8 NUDE, PROTEIN, COMPOSITE, GREEN & SIMPLE SALAD OPTIONS	A SELECTION OF 8 NUDE, PROTEIN, COMPOSITE, GREEN & SIMPLE SALAD OPTIONS
DESSERTS	JELLY & CREAM, SEASONAL FRUIT BASKET, SELECTION OF PROBIOTIC YOGHURTS	JAM & COCONUT SPONGE WITH CUSTARD SAUCE, SEASONAL FRUIT BASKET, SELECTION OF PROBIOTIC YOGHURTS	TOFFEE TART & CUSTARD, SEASONAL FRUIT BASKET, SELECTION OF PROBIOTIC YOGHURTS	SEASONAL FRUIT BASKET, SELECTION OF PROBIOTIC YOGHURTS	HAPPY FRIDAY SPECIAL TREAT, SEASONAL FRUIT BASKET, SELECTION OF PROBIOTIC YOGHURTS



LUNCH MENU WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	CHICKEN NOODLE SOUP SERVED WITH CRISPY CROUTONS AND MIXED SEEDS	CREAM OF CARROT & PARSNIP SOUP SERVED WITH CRISPY CROUTONS AND MIXED SEEDS	MINESTRONE SOUP SERVED WITH CRISPY CROUTONS AND MIXED SEEDS	LENTIL SOUP SERVED WITH CRISPY CROUTONS AND MIXED SEEDS	PEA & HAM SOUP SERVED WITH CRISPY CROUTONS AND MIXED SEEDS
BREAD	FRESHLY BAKED BREAD / WHOLEMEAL & WHITE ROLLS	FRESHLY BAKED BREAD / WHOLEMEAL & WHITE ROLLS	FRESHLY BAKED BREAD / WHOLEMEAL & WHITE ROLLS	FRESHLY BAKED BREAD / WHOLEMEAL & WHITE ROLLS	FRESHLY BAKED BREAD / WHOLEMEAL & WHITE ROLLS
MAIN MEAL OPTION	SPAGHETTI BOLOGNAISE	BREAST OF CHICKEN IN A CAJUN SAUCE	WRAP BAR: CRISPY CHICKEN, SWEET CHILLI CHICKEN, SAVOURY HAM	BANGERS & MASH	BREADED CHICKEN OR FRIED BREADED HADDOCK WITH LEMON AND TARTARE SAUCE
VEGETARIAN OPTION	CHICKPEA BOLOGNAISE	CHINESE STYLE VEGETABLE CHOW MEIN	COURGETTE, AUBERGINE & CREAM WRAP	MACARONI CHEESE	CHILLI POPPERS
FRESHLY BAKED SNACKS	VARIOUS PANINI'S CHOICE OF 3 OPTIONS, MIXED TOASTIES OR CHEF'S DAILY VALUE SNACK	VARIOUS PANINI'S CHOICE OF 3 OPTIONS, MIXED TOASTIES OR CHEF'S DAILY VALUE SNACK	VARIOUS PANINI'S CHOICE OF 3 OPTIONS, MIXED TOASTIES OR CHEF'S DAILY VALUE SNACK	VARIOUS PANINI'S CHOICE OF 3 OPTIONS, MIXED TOASTIES OR CHEF'S DAILY VALUE SNACK	VARIOUS PANINI'S CHOICE OF 3 OPTIONS, MIXED TOASTIES OR CHEF'S DAILY VALUE SNACK
	BAKED JACKET POTATO WITH CHOICE OF 2 FILLINGS	BAKED JACKET POTATO WITH CHOICE OF 2 FILLINGS	BAKED JACKET POTATO WITH CHOICE OF 2 FILLINGS	BAKED JACKET POTATO WITH CHOICE OF 2 FILLINGS	BAKED JACKET POTATO WITH CHOICE OF 2 FILLINGS
SIDE ORDERS	PEAS & CARROTS	MIXED VEGETABLES, FRESH BROCCOLI & CRUSHED POTATO	SEASONAL TOSSED SALAD	SWEETCORN & CABBAGE	BAKED BEANS, MUSHY PEAS, CHIPS & CURRY SAUCE
SALAD BAR	A SELECTION OF 8 NUDE, PROTEIN, COMPOSITE, GREEN & SIMPLE SALAD OPTIONS	A SELECTION OF 8 NUDE, PROTEIN, COMPOSITE, GREEN & SIMPLE SALAD OPTIONS	A SELECTION OF 8 NUDE, PROTEIN, COMPOSITE, GREEN & SIMPLE SALAD OPTIONS	A SELECTION OF 8 NUDE, PROTEIN, COMPOSITE, GREEN & SIMPLE SALAD OPTIONS	A SELECTION OF 8 NUDE, PROTEIN, COMPOSITE, GREEN & SIMPLE SALAD OPTIONS
DESSERTS	CHOCOLATE FUDGE CAKE & FRESH CREAM, SEASONAL FRUIT BASKET, SELECTION OF PROBIOTIC YOGHURTS	STRAWBERRY MOUSSE, SEASONAL FRUIT BASKET, SELECTION OF PROBIOTIC YOGHURTS	APPLE CRUMBLE & CUSTARD SAUCE, SEASONAL FRUIT BASKET, SELECTION OF PROBIOTIC YOGHURTS	FRESH FRUIT PLATTER, SEASONAL FRUIT BASKET, SELECTION OF PROBIOTIC YOGHURTS	HAPPY FRIDAY SPECIAL TREAT, SEASONAL FRUIT BASKET, SELECTION OF PROBIOTIC YOGHURTS



LUNCH MENU WEEK 5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	CARROT & ORANGE SOUP	CREAM OF MUSHROOM SOUP	BROCCOLI & CAULIFLOWER	CREAM OF COURGETTE SOUP	CURRIED PARSNIP SOUP
	SERVED WITH CRISPY	SERVED WITH CRISPY	SOUP SERVED WITH CRISPY	SERVED WITH CRISPY	SERVED WITH CRISPY
	CROUTONS AND MIXED SEEDS				
BREAD	FRESHLY BAKED BREAD /				
	WHOLEMEAL & WHITE ROLLS				
MAIN MEAL OPTION	LOCALLY SOURCED SCOTTISH CHICKEN ROAST	HOMEMADE BEEF LASAGNE	PIZZA BAR: A SELECTION OF PIZZA WITH A CHOICE OF TOPPING OPTIONS: PEPPERONI, HAM & PINEAPLE AND CHEESE	TRADITIONAL STEAK PIE	BREADED CHICKEN OR FRIED BREADED HADDOCK WITH LEMON AND TARTARE SAUCE
VEGETARIAN OPTION	FOREST MUSHROOM AND WILD ROCKET PENNE PASTA	VEGETABLE LASAGNE	PIZZA BAR: A SELECTION OF PIZZA WITH A CHOICE OF TOPPING OPTIONS: CHEESE, MUSHROOM & ONION	VEGETABLE STIR FRY	MACARONI & DOUBLE CHEESE BAKE TRADE UP – GARLIC BREAD
FRESHLY BAKED SNACKS	VARIOUS PANINI'S CHOICE OF 3 OPTIONS, MIXED TOASTIES OR CHEF'S DAILY VALUE SNACK  BAKED JACKET POTATO WITH	VARIOUS PANINI'S CHOICE OF 3 OPTIONS, MIXED TOASTIES OR CHEF'S DAILY VALUE SNACK  BAKED JACKET POTATO WITH	VARIOUS PANINI'S CHOICE OF 3 OPTIONS, MIXED TOASTIES OR CHEF'S DAILY VALUE SNACK  BAKED JACKET POTATO WITH	VARIOUS PANINI'S CHOICE OF 3 OPTIONS, MIXED TOASTIES OR CHEF'S DAILY VALUE SNACK  BAKED JACKET POTATO WITH	VARIOUS PANINI'S CHOICE OF 3 OPTIONS, MIXED TOASTIES OR CHEF'S DAILY VALUE SNACK  BAKED JACKET POTATO WITH
SIDE ORDERS	A CHOICE OF 2 FILLINGS  CARROTS, BRUSSEL SPROUTS  & MASHED POTATOES	A CHOICE OF 2 FILLINGS  BROCCOLI, CABBAGE &  GARLIC BREAD	A CHOICE OF 2 FILLINGS  SEASONAL TOSSED SALAD &  SPICY POTATO WEDGES	A CHOICE OF 2 FILLINGS POTATOES, PEAS & TURNIP	A CHOICE OF 2 FILLINGS  BAKED BEANS, MUSHY PEAS, CHIPS & CURRY SAUCE
SALAD BAR	A SELECTION OF 8 NUDE, PROTEIN, COMPOSITE, GREEN & SIMPLE SALAD OPTIONS	A SELECTION OF 8 NUDE, PROTEIN, COMPOSITE, GREEN & SIMPLE SALAD OPTIONS	A SELECTION OF 8 NUDE, PROTEIN, COMPOSITE, GREEN & SIMPLE SALAD OPTIONS	A SELECTION OF 8 NUDE, PROTEIN, COMPOSITE, GREEN & SIMPLE SALAD OPTIONS	A SELECTION OF 8 NUDE, PROTEIN, COMPOSITE, GREEN & SIMPLE SALAD OPTIONS
DESSERTS	ICED SPONGE & CUSTARD SAUCE, SEASONAL FRUIT BASKET, SELECTION OF PROBIOTIC YOGHURTS	JELLY & CREAM, SEASONAL FRUIT BASKET, SELECTION OF PROBIOTIC YOGHURTS	ARCTIC ROLL, SEASONAL FRUIT BASKET, SELECTION OF PROBIOTIC YOGHURTS	FRESH FRUIT PLATTER, SEASONAL FRUIT BASKET, SELECTION OF PROBIOTIC YOGHURTS	HAPPY FRIDAY SPECIAL TREAT, SEASONAL FRUIT BASKET, SELECTION OF PROBIOTIC YOGHURTS



LUNCH MENU WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	CREAM OF TOMATO SOUP	CHICKEN & RICE SOUP SERVED	POTATO & LEEK SOUP SERVED	SCOTCH BROTH SOUP SERVED	CREAM OF BROCCOLI SOUP
	SERVED WITH CRISPY	WITH CRISPY CROUTONS AND	WITH CRISPY CROUTONS AND	WITH CRISPY CROUTONS AND	SERVED WITH CRISPY
	CROUTONS AND MIXED SEEDS	MIXED SEEDS	MIXED SEEDS	MIXED SEEDS	CROUTONS AND MIXED SEEDS
BREAD	FRESHLY BAKED BREAD /				
	WHOLEMEAL & WHITE ROLLS				
MAIN MEAL OPTION	SAVOURY MINCE	ROAST BEEF & YORKSHIRE PUDDING	CHICKEN WRAPS	CHINESE CHICKEN CURRY	BREADED CHICKEN OR FRIED BREADED HADDOCK WITH LEMON AND TARTARE SAUCE
VEGETARIAN OPTION	QUORN MASALA	LOADED POTATO SKINS	VEGETARIAN PASTA BAR	CHUNKY VEGETABLE CURRY	MOZZARELLA STICKS
FRESHLY BAKED SNACKS	VARIOUS PANINI'S CHOICE OF 3 OPTIONS, MIXED TOASTIES OR CHEF'S DAILY VALUE SNACK	VARIOUS PANINI'S CHOICE OF 3 OPTIONS, MIXED TOASTIES OR CHEF'S DAILY VALUE SNACK	VARIOUS PANINI'S CHOICE OF 3 OPTIONS, MIXED TOASTIES OR CHEF'S DAILY VALUE SNACK	VARIOUS PANINI'S CHOICE OF 3 OPTIONS, MIXED TOASTIES OR CHEF'S DAILY VALUE SNACK	VARIOUS PANINI'S CHOICE OF 3 OPTIONS, MIXED TOASTIES OR CHEF'S DAILY VALUE SNACK
	BAKED JACKET POTATO WITH A CHOICE OF 2 FILLINGS	BAKED JACKET POTATO WITH THE CHOICE OF 2 FILLINGS	BAKED JACKET POTATO WITH THE CHOICE OF 2 FILLNGS	BAKED JACKET POTATO WITH THE CHOICE OF 2 FILLINGS	BAKED JACKET POTATO WITH THE CHOICE OF 2 FILLINGS
SIDE ORDERS	PEAS, CARROTS & ROAST POTATOES	GREEN BEANS, TURNIP & MASHED POTATOES	SEASONAL TOSSED SALAD	BABY CIRN, MIXED VEGETABLES & BOILED RICE	BAKED BEANS, MUSHY PEAS, CHIPS & CURRY SAUCE
SALAD BAR	A SELECTION OF 8 NUDE, PROTEIN, COMPOSITE, GREEN & SIMPLE SALAD OPTIONS	A SELECTION OF 8 NUDE, PROTEIN, COMPOSITE, GREEN & SIMPLE SALAD OPTIONS	A SELECTION OF 8 NUDE, PROTEIN, COMPOSITE, GREEN & SIMPLE SALAD OPTIONS	A SELECTION OF 8 NUDE, PROTEIN, COMPOSITE, GREEN & SIMPLE SALAD OPTIONS	A SELECTION OF 8 NUDE, PROTEIN, COMPOSITE, GREEN & SIMPLE SALAD OPTIONS
DESSERTS	ICE CREAM TUB, SEASONAL FRUIT BASKET, SELECTION OF PROBIOTIC YOGHURTS	STICKY TOFFEE PUDDING, SEASONAL FRUIT BASKET, SELECTION OF PROBIOTIC YOGHURTS	APPLE TART & FRESH CREAM, SEASONAL FRUIT BASKET, SELECTION OF PROBIOTIC YOGHURTS	FRESH FRUIT PLATTER, SEASONAL FRUIT BASKET, SELECTION OF PROBIOTIC YOGHURTS	HAPPY FRIDAY SPECIAL TREAT, SEASONAL FRUIT BASKET, SELECTION OF PROBIOTIC YOGHURTS