



Senior Lunch Menu Week 1

W/C 08.03.21	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Tomato & Basil	Carrot and coriander soup	Butternut squash soup	Cream of mushroom soup	Roasted Red Pepper
Hot Plate 1 All Mains Available with Separate Protein and Sauce Option	Beef Chilli, rice, nachos, Cheese & Sour Cream.	Sausage and creamed potato with green beans and gravy	Chicken tikka masala, rice, poppadum & Chutney or Plain Chicken Breast	Pizza Selection – Deep Pan Pepperoni or Cheese and Tomato, Potato Wedges served with Corn Cob Side	Fish Of The Day, Chips, Peas, Curry Sauce.
Hot Plate 2 (v.)	Moroccan style chickpea stuffed aubergine & cherry tomatoes.	Black Olive & Watercress Frittata with green beans	Spinach & Feta Goujons, Rocket Salad, Cherry Tomato Garnish.	Tofu & Spinach curry, egg noodles & stir fried vegetables	Jumbo Fish Fingers, Chips and Peas
Pasta Bar	Penne pasta with a separate fresh Tomato & herb Sauce	Penne pasta with a separate cheese Sauce	Penne pasta with a separate tomato sauce	Penne Pasta with a separate creamy mushroom sauce	Macaroni and a separate cheese Sauce
Salad Bar (You Choose) Served with freshly baked bread of the day	Iceberg lettuce, tomatoes, sweetcorn,, cucumber, mixed peppers, carrot and beetroot Mixed Bean Salad Peruvian Slaw Boiled Eggs Smoked Mackerel Fillet Salad	Iceberg lettuce, tomatoes, sweetcorn,, cucumber, mixed peppers, carrot and beetroot Chickpea Salad Mixed Cous Cous with pea & Spring Onion Plain Tuna	Iceberg lettuce, tomatoes, sweetcorn,, cucumber, mixed peppers, carrot and beetroot Pasta & Courgette Salad Classic Coleslaw Smoked Mackerel Salad	Iceberg lettuce, tomatoes, sweetcorn,, cucumber, mixed peppers, carrot and beetroot Caribbean Coleslaw Potato Salad Boiled Eggs Plain Tuna	Iceberg lettuce, tomatoes, sweetcorn,, cucumber, mixed peppers, carrot and beetroot Quinoa with Lemon & Mint Spicy rice salad Smoked Mackerel Salad
Jacket Potato & Fillings Selection of Sandwiches & Baguettes	Jacket Potatoes with Grated Cheese Baked Potatoes Tuna Mayonnaise Beef Chilli Con Carne	Jacket Potatoes with Grated Cheese Baked Potatoes Tuna Mayonnaise Pulled Pork BBQ sauce	Jacket Potatoes with Grated Cheese Baked Potatoes Tuna Mayonnaise Chicken Tikka Masala	Jacket Potatoes with Grated Cheese Baked Potatoes Tuna Mayonnaise BBQ Chicken	Jacket Potatoes with Grated Cheese Baked Potatoes Tuna Mayonnaise Vegan Chickpea Saag
Desserts	German Apple Crumble With Custard.	Assorted Cookies	Raspberry Eton Mess	Toffee Sponge	Chocolate Brownie.
Fruit & Yoghurt Pots Available All Day as well as Dessert	Fresh Fruit & Yoghurt Pots	Fresh Fruit & Yoghurt Pots	Fresh Fruit & Yoghurt Pots	Fresh Fruit & Yoghurt Pots	Fresh Fruit & Yoghurt Pots



Senior Lunch Menu Week 2

W/C 15.03.21	Monday	Tuesday	Wednesday	Thursday	Friday
Soup with Fesh Bread	Cream Of Sweetcorn Soup	Chickpea and Coconut Soup	Tomato & Mediterranean Vegetable Soup	Red Pepper Soup	Cream Of Mushroom
Hot Plate 1 All Mains Available with Separate Protein and Sauce Option	Penne Carbonara with Garlic Bread And Rocket Leaves and Parmesan Cheese	Classic Jamaican Jerk Chicken Leg with Rice & Pea	Traditional Cottage Pie, Carrots Batons and Gravy	Chicken Balti, Long Grain Rice, Poppadum & Mango Chutney	Hot Dogs with the trimmings - Nachos, Wedges, Onion Rings, Salsa, Mustard
Hot Plate 2 (v.)	Vegan Meatballs in Tomato Sauce, Garlic Bread, Rocket and peas Or Penne pasta with a separate fresh Tomato & herb Sauce	Stuffed Peppers, with feta cheese, bulgur wheat and Black Olive served with Green Beans Or Penne pasta with a separate cheese Sauce	Mexican Black Bean Stew with Mexican Rice and Spinach Leaves Or Penne pasta with a separate tomato Sauce	Vegetarian Cottage Pie, Sweetcorn and Gravy Or Penne Pasta with a separate creamy carbonara sauce	Quorn Hot Dogs with the trimmings - Nachos, Wedges, Onion Rings, Salsa, Mustard Or Macaroni and a separate cheese Sauce
Salad Bar Served with freshly baked bread of the day	lettuce, tomatoes, sweetcorn,, cucumber, mixed peppers, carrot and beetroot Crunchy Red Slaw Butterbean and Corn	Iceberg lettuce, tomatoes, sweetcorn,, cucumber, mixed peppers, carrot and beetroot Tuna Nicoise Fennel, Feta and Pomegranate Salad	Iceberg lettuce, tomatoes, sweetcorn,, cucumber, mixed peppers, carrot and beetroot Mediterranean Bulgur Wheat Brown Rice Slaw	Iceberg lettuce, tomatoes, sweetcorn,, cucumber, mixed peppers, carrot and beetroot Bean Provençale Puy Lentil Salad	Iceberg lettuce, tomatoes, sweetcorn,, cucumber, mixed peppers, carrot and beetroot Quinoa , Mint and Lemon Mixed Bean Salad
Jacket Potato & Fillings Daily Sandwich Selection	Jacket Potato with Hot and cold Fillings Daily Sandwich / Baguette	Jacket Potato with Hot and cold Fillings Daily Sandwich / Baguette	Jacket Potato with Hot and cold Fillings Daily Sandwich / Baguette	Jacket Potato with Hot and cold Fillings Daily Sandwich / Baguette	Jacket Potato with Hot and cold Fillings Daily Sandwich / Baguette
Dessert	Chocolate and Beetroot Sponge with Double Chocolate sauce	Crunchy Plum Crumble with Custard	Coconut and Vanilla Rice Pudding	Chocolate Flapjack	Jam Doughnuts
Fruit & Yoghurt Pots Available All Day as well as Dessert	Fresh Fruit & Yoghurt Pots	Fresh Fruit & Yoghurt Pots	Fresh Fruit & Yoghurt Pots	Fresh Fruit & Yoghurt Pots	Fresh Fruit & Yoghurt Pots



Senior Lunch Menu Week 3

W/C 22.03.21	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Thai Sweet Potato Soup	Cream Of Leek Soup	Minestrone Soup	Tomato & Basil Soup	Roasted Parsnip & Apple Soup
Hot Plate 1 All Mains Available with Separate Protein and Sauce Option	Chicken Shawarma Flatbreads Oven Baked Hint Of Cajun Wedges & Peas	Sweet & Sour Pork Egg Fried Rice Prawn Crackers	Kansas City BBQ Beef Burger, Curly Fries, Corn on the Cob	Chicken, Chorizo, Cannellini Bean Stew, Courgette Provencale and Patatas Bravas	Crispy Battered Fillet Of Haddock, Chips and Peas
Hot Plate 2 (v.)	Smoked Cauliflower Cheese	Cherry Tomato & Red Onion Puff Pastry Tart, New Potatoes, Glazed Carrots	Sweet Potato Bean Burger	Aubergine and Potato Tumbet Traditional Spanish Lasagne	Carrot, Ginger & Coriander Fritters With Goats Curd, New Potatoes and Carrots
Pasta Bar	Penne Pasta with a separate Tomato Sauce	Penne pasta with a separate cheese Sauce	Penne Pasta with a separate creamy mushroom sauce	Penne Pasta with Tomato & Basil Sauce	Macaroni and a separate cheese Sauce
Grain Selection (You Choose) Served with Freshly Baked Bread	Iceberg lettuce, tomatoes, sweetcorn,, cucumber, mixed peppers, carrot and beetroot Mixed bean salad Peruvian slaw Smoked Mackerel	Iceberg lettuce, tomatoes, sweetcorn,, cucumber, mixed peppers, carrot and beetroot Mixed Cous Cous with pea & Spring Onion Plain Tuna	Iceberg lettuce, tomatoes, sweetcorn,, cucumber, mixed peppers, carrot and beetroot Coleslaw Smoked Mackerel Salad	Iceberg lettuce, tomatoes, sweetcorn,, cucumber, mixed peppers, carrot and beetroot Boiled Eggs Plain Tuna	Iceberg lettuce, tomatoes, sweetcorn,, cucumber, mixed peppers, carrot and beetroot Spicy rice salad Smoked Mackerel
Jacket Potato & Fillings Daily Sandwich Selection	Jacket Potatoes with Grated Cheese Baked Potatoes Tuna Mayonnaise Beef Chilli Con Carne	Jacket Potatoes with Grated Cheese Baked Potatoes Tuna Mayonnaise Pulled Pork BBQ sauce	Jacket Potatoes with Grated Cheese Baked Potatoes Tuna Mayonnaise Chicken Tikka Masala	Jacket Potatoes with Grated Cheese Baked Potatoes Tuna Mayonnaise BBQ Chicken	Jacket Potatoes with Grated Cheese Baked Potatoes Tuna Mayonnaise Vegan Chickpea Saag
Dessert	Coconut Macaroon Tart with Whipped Cream	Twice Baked Toffee Apple Crumble with Custard Sauce	Lemon Syrup Sponge Pudding with Lemon Sauce	Raspberry Yoghurt Cake with Whipped Cream	Orange & Chocolate Chip Shortbread
Fruit & Yoghurt Pots Available All Day as well as Dessert	Fresh Fruit & Yoghurt Pots	Fresh Fruit & Yoghurt Pots	Fresh Fruit & Yoghurt Pots	Fresh Fruit & Yoghurt Pots	Fresh Fruit & Yoghurt Pots



W/C 14.09.20	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Red Lentil	Broccoli & Cheddar	Spicy Parsnip	Cream of Chicken	Mushroom
Hot Plate 1					
Hot Plate 2 (v.)					
BENTO Salad Lunch Box Bread Roll & Butter portion					
Jacket Potato & Fillings Selection of filled Rolls & Baguettes					
Dessert Pot					
Fruit & Yoghurt Pots					