



Lunch

Week One September to December



PROUDLY NOURISHED BY
 **LODESTONE
HOUSE**

Monday

Smoky Chicken Pasta Bake
Penne Pasta with Arrabiatta
Sauce(V)

Slice of Garlic and Herb Bread
Mixed Leaf Salad with Balsamic
Dressing
Italian Grated Hard Cheese

Hummus and Crudities
Quinoa Salad
Selection of Basic Salads

Homemade Shortbread Slice
Selection of Jellies and Fresh
Fruit
Yogurt Pots

Tuesday

Stir Fried Hoisin Pork
Aubergine in a Black Bean
Sauce (V)

Bang Bang Egg Noodles
Steamed Rice Noodles
Stir Fried Oriental Vegetables

Greek Salad
Wholemeal Cous Cous Salad
Selection of Basic Salads

Pineapple Upside Down Cake
with Cream
Selection of Jellies and Fresh
Fruit
Yogurt Pots

Wednesday

Mexican Style Chilli Con Carne
Mexican Style Bean and
Vegetable Chilli (V)

Steamed Brown and White Rice
Guacamole
Salsa and Nacho Chips

Cucumber Orange and Beetroot
Salad
Puy Lentil Salad
Selection of Basic Salads

Traditional Apple Crumble with
Fresh Custard
Selection of Jellies and Fresh
Fruit
Yogurt Pots

Thursday

Creamy Chicken Pie
Vegetarian Spinach and Feta
Parcel (V)

Crushed New Potatoes with
Fresh Herbs
Seasonal Fresh Vegetables
Gravy

Pea, Mint, Charred Courgette
and Bulgar Wheat Salad
Chick Pea Salad
Selection of Basic Salads

Chocolate Cake Slice
Selection of Jellies and Fresh
Fruit
Yogurt Pots

Friday

Prime Cheeseburger
Veggie Cheeseburger (V)

Crisp Iceberg Lettuce, Sliced
Red Onions and Tomato, Pickles
and Tomato Sauce

Chipped Potatoes

Creamy Potato and Chive Salad
Mixed Bean Salad
Selection of Basic Salads

Fruit Flapjack
Selection of Jellies and Fresh
Fruit
Yogurt Pots

Soup of the day

Served with Freshly Baked Breads
h Selection of Toppers.

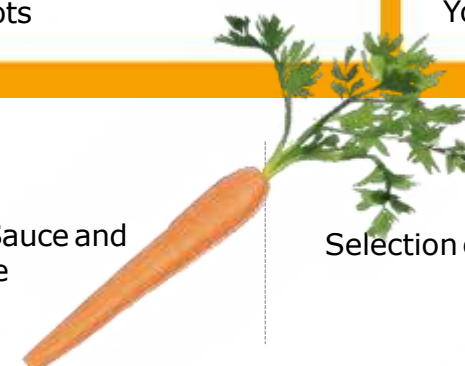


Jacket Potato Bar

Topped with Baked Beans,
Cheese or The Chef's Daily Special

Pasta Bar

Pasta with Fresh Tomato Sauce and
Grated Cheese



Salad Bar

Selection of Proteins, Dressings and
Seeds

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Monday

Beef and Lentil Bolognese
finished with Fresh Tomatoes
and Herbs

Vegemince Bolognese (V)

Spaghetti

Vegetarian Grated Hard Cheese

Side Salad

Slice of Garlic Bread

Italian Style Rocket, Red Onion
Salad with Balsamic Dressing

Quinoa Salad

Selection of Basic Salads

Jam and Coconut Sponge with
Fresh Custard

Assorted Jellies

Yogurt Pot

Tuesday

Reggae Reggae Chicken Thigh

Butternut Squash and Halloumi
Skewer (V)

Rice and Peas

Freshly Made Coleslaw

Buttered Sweetcorn

Greek Salad

Wholemeal Cous Cous Salad

Selection of Basic Salads

Chocolate Chip and Orange
Shortbread

Selection of Jellies

Yogurt Pot

Wednesday

Roast Pork Loin served with
Sage and Onion Stuffing and
Apple
Sauce

Cheese, Leek and Potato Pie (V)

Roasted Potatoes

Selection of Seasonal
Vegetables

Gravy

Tomato, Red Onion and Lentil
Salad

Cruditites with Tzatziki Dip and
Pitta

Selection of Basic Salads

Raspberry and Lemon Crumble
Cake

Selection of Jellies

Yogurt Pot

Thursday

Mangalorean Chicken Curry

Tofu and Spinach Curry (V)

Pilau Rice

Onion Bhaji

Selection of Indian Sambals

Bombay Potato Salad with Fresh
Coriander

Chick Pea Salad

Selection of Basic Salads

Homemade Carrot Peel Cake
with
Cinnamon Icing

Selection of Jellies

Yogurt Pot

Friday

Grilled Jumbo Pork Sausage

Oven Baked Breaded Hake with
Lemon and Tartare Sauce

Vegetable Frittata (V)

Chipped Potatoes

Garden Peas

Baked Beans

Orzo and Roasted Vegetable
Salad

Mixed Bean Salad

Selection of Basic Salads

Oven Baked Cookie

Selection of Jellies

Yogurt Pot

Soup of the day

Served with Freshly Baked Breads
h Selection of Toppers.

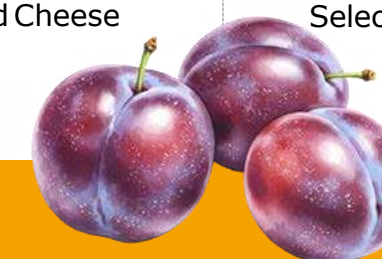


Jacket Potato Bar

Topped with Baked Beans,
Cheese or the Chef's Daily
Special.

Pasta Bar

Pasta with Tomato and Grated Cheese



Salad Bar

Selection of Proteins, Dressings and
Seeds



Lunch

Week Three September to December



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Main
s

Sides

Salad

Dessert

Monday

Pepperoni Topped Mac and Cheese
Traditional Mac and Cheese (V)

Poached Sweetcorn
Side Salad
Crispy Onions and Jalapenos

Chargrilled Roasted Pepper, Aubergine and Courgette Mezze
Quinoa Salad
Selection of Basic Salads

Retro Sponge Cake
Selection of Jellies
Yogurt Pot

Tuesday

Toad In The Hole
Vegetarian Toad in the Hole (V)

Creamy Mashed Potatoes
Fresh Seasonal Vegetable
Gravy

Fresh Baked Beetroot Salad with Crumbled Feta
Wholemeal Cous Cous Salad
Selection of Basic Salads

Chocolate Chip Bread and Butter Pudding with Fresh Custard
Selection of Jellies
Yogurt Pot

Wednesday

Cajun Turkey Taco
Butternut and Chilli Taco (V)

Mexican Style Rice
Pea Guacamole
Tomato Salsa
Soured Cream

Moroccan Style Cous Cous with Preserved Lemons
Puy Lentil Salad
Selection of Basic Salads

Eve's Pudding with Fresh Cream
Selection of Jellies
Yogurt Pot

Thursday

Beef h Lentil Lasagne
Roasted Vegetable and Lentil Lasagne

Slice of Garlic and Herb Bread
Mixed Seasonal Salad

No Waste Cauliflower Salad
Panzanella Salad
Selection of Basic Salads

Slice of Lemon Drizzle Cake
Selection of Jellies
Yogurt Pot

Friday

Barbequed Chicken Pizza
Margarita Pizza (V)

Chipped Potatoes
Cajun Kale Coleslaw
Baked Beans

Tuna and Sweetcorn Pasta Salad
Five Bean Salad
Selection of Basic Salads

Marshmallow Crispy Square
Selection of Jellies
Yogurt Pot

Soup of the day

Served with Freshly Baked Breads
h Selection of Toppers.



Jacket Potato Bar

Topped with Baked Beans,
Cheese or the Chef's Daily
Special.

Pasta Bar

Pasta with Tomato and Grated Cheese



Salad Bar

Selection of Proteins, Dressings and
Seeds