

Lunch Sample Menu: These menus are adapted to each season allowing us to make use of all the different seasonal crops.



Monday

White Fish Cassoulet:

Responsibly sourced white fish and vegetables with mixed beans and lentils in a herby tomato sauce, served as a one pot dish.

Followed by fruit yoghurt.

Tuesday

Turkey Bolognese:

Turkey mince cooked in a traditional bolognese sauce, mixed through farfalle pasta, served with grated cheese.

Followed by courgette and orange sponge.

Wednesday

Chicken and Lentil Curry:

Diced chicken breast, mixed vegetables and red lentils in a homemade curry sauce, served with naan bread.

Followed by fresh fruit salad.

Thursday

Shepherd's Pie:

Minced lamb in herby gravy with mixed vegetables, served with mashed potato.

Followed by chocolate shortbread.

Friday

Cauliflower Korma:

Diced onion, spinach, cauliflower and red lentils in a homemade korma sauce, finished with fresh coriander served with mixed rice.

Followed by natural yoghurt and fruit coulis.



Monday

Macaroni Cheese:

Good-old fashioned macaroni cheese, served with peas.

Followed by apple flapjack.

Tuesday

Braised Lamb in Rosemary Gravy:

Braised lamb in a rosemary gravy, served with julienne carrots and boiled potatoes.

Followed by fresh melon slices and pineapple.

Wednesday

Minced Beef and Green Bean Pilaf:

Minced beef, mixed peppers, green beans and rice mixed through a fragrant tomato sauce, served as a one pot dish.

Followed by chocolate and pear sponge.

Thursday

White Fish Stroganoff:

Responsibly sourced white fish and vegetables in a creamy garlic and mushroom sauce, served with chilled bulgur wheat.

Followed by fruit yoghurt.

Friday

Chicken and Pepper Alfredo:

Chicken breast, fresh red peppers and red onion mixed through penne pasta in a creamy parmesan sauce, served with green beans.

Followed by oat biscuit.



Monday

Lamb Keema:

Lamb mince, onions, peas, spinach and peppers in fragrant sauce, served with mixed rice.

Followed by flapjack.

Tuesday

Spring Vegetable Velouté:

Spring vegetables and greens, cooked in a light herby stock, served with a bread roll.

Followed by melon medley.

Wednesday

Tuna & Orzo Ratatouille:

Flaked tuna and mixed roasted vegetables including courgette, onion and aubergine in a herby tomato sauce mixed through orzo pasta served as a one pot dish.

Followed by fruit yoghurt.

Thursday

Spinach and Vegetable Pesto Pasta:

Conchiglie pasta and vegetables in a creamy pesto and spinach sauce, served with a side of peas.

Followed by fresh fruit salad.

Friday

Roasted Squash and Beef Tagine:

Braised diced beef, roasted butternut squash, chickpeas and chopped dates brought together in a fragrant tomato based sauce, served with green beans.

Followed by lemon and blueberry sponge.