

Lunch Lent Menu 2017 WEEK1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Leek & potato	Carrot & coriander	Broccoli & Stilton	Tomato & basil	Minestrone	Chefs Choice	
Main	Lemon Chicken Thighs with butter beans & Basil	Pork chops with Cabbage & Bacon	Cumberland Sausages with Onion Gravy Mashed Potatoes	Roast Chicken With Stuffing, Gravy	Catch of the Day Tartar Sauce Lemon	Pork Hot Pot	Teriyaki Chicken Stir Fry
Chef's Choice	Beef Bourguignon Sweet Potato Mash	Fish Pie with a Potato Topping	Lamb Moussaka Garlic Bread Mixed Leaf	Thai Beef Curry With Rice	Chicken Caesar Wrap With Salad		Brunch
Vegetarian	Louisiana Vegetable Gumbo	Chilean Bean & Squash Stew	Sun Blushed Tomato Risotto Finished with Basil Oil	Vegetable Shepherd's Pie Sweet Potato Topping	Leek & Potato Frittata	Roasted Vegetable Bruschetta	Spinach, Sweet Potato & Lentil Dhal
Starch & Veg Choice	Sweet Mashed Potatoes (50-50 Mix) Green Beans Roasted Parsnips	Herb Roasted New Potatoes Broccoli Sweetcorn	Mashed Potatoes Red Cabbage Peas	Roast Potatoes Green Beans Sliced Carrots	Sauté Potatoes Baked beans Peas	Potato Wedges Sweetcorn Roasted Root Vegetables	Egg Fried Rice Vegetable Stir Fry
Pasta	Lamb Chilli Parmesan & Onion	Beef Bolognese Roasted Vegetable Tomato Sauce	Chicken & Tomato, Basil Garlic Mushroom Sauce	Spicy Bacon and Tomato Fresh Pesto	Noodle Bar Beef Stir Fry Vegetable Stir Fry	(Chefs Choice) Sauce of the day	
Dessert	Apple Crumble With Custard	Chocolate Fudge Cake with Cream	Lemon Love Cake With Custard	Creamy Rice Pudding With Jam Sauce	Bread & Butter Pudding With Custard	Fruits of the Forest Cheesecake	

Lunch Lent Menu 2017 WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	French Onion	Pea & Mint Soup	Cream Of Mushroom	Roasted Sweet Potato & Carrot	Sweetcorn Chowder	Chefs Choice	
Main	Beef Rogan Josh Mango Chutney Mint Yogurt	Chicken & Mushroom, Pie	Lamb, Mint & Potato Casserole	Roast Beef With Horseradish Cream	Catch Of The Day Tartar Sauce Lemon Wedge	Italian Meatballs Served with Mashed Potatoes	Beef & Mango Jamaican Stew
Chef's Choice	Glazed Pork Loin Steaks Roasted New Potatoes	Thai Style Lamb Meatballs with Rice	Baked Fish with Tomato Peppers & Olives	Pork Stroganoff With Tagliatelle	Macaroni Cheese With Garlic Bread		Brunch
Vegetarian	Gnocchi in Cheese Sauce Topped with Pesto Dressing	Chunky Vegetable Casserole	Aubergine & Chickpea Curry with Rice Mango Chutney	Spanakopita with Tomato Salad	Sweet Potato & Sage Butter Risotto	Aubergine & Tomato Bake	Vegetable Chow Mein
Starch & Veg Choice	Braised Rice Green Beans	Mashed Potatoes Peas Carrots	Steamed New Potatoes Cabbage Sweetcorn	Roast Potatoes Medley Of Vegetables	Sauté potatoes Baked Beans Peas	Carrots Sautéed Leeks & Mushrooms	Fries Rice Stir Fried Vegetables
Pasta	Chicken A La King Tomato & Basil	Noodle Bar Pork Stir Fry Vegetables in Plum sauce	Beef Chilli Creamy Garlic Mushroom	Creamy Chicken Fresh Pesto	Pepperoni in tomato sauce 3 Cheese	(Chef Choice) Sauce of the day	
Dessert	Canadian Ginger Bread with Vanilla Sauce	Pear & Chocolate Crumble With Custard	Banana Pudding With Custard	Sticky Toffee Pudding With Cream	Plum Peasant Pudding with Custard	Ice Cream & Chocolate Sauce	

Lunch Lent Menu 2017 WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Courgette & Cumin	Chunky Tomato	Lentil & Tomato	Carrot & Ginger	Roasted Vegetable	Chef Choice	
Main	Beef Stifado	Sautéed Chicken, Baby Onions and Crispy Pancetta	Arabian Minced Lamb With Flay Bread and Mint Yoghurt	Roast Pork With Apple Sauce Stuffing Gravy	Catch Of The Day Tartar Sauce Lemon Wedge	Lamb Biryani Mint Yoghurt Naan Bread	Sticky Pork Belly
Chef's Choice	Citrus Jerk Chicken Thighs With Chilli Slaw	Cod Loin with Caper Butter	Honey Glazed Pork Belly	Turkey & Pepper wraps	Braised Chicken with Mushroom & Tarragon Mashed Potatoes		
Vegetarian	Mushroom Risotto	Butternut Squash & Spinach Lasagne With Garlic Bread	Stuffed Peppers With Cous Cous and roasted vegetables	Goats Cheese and Spinach Strudel	Roasted White Onion Tart	Leek & Mushroom Frittata	Vegetable Risotto (Make enough so all can have it)
Starch & Veg Choice	Fruity Cous Cous Carrots Sauté Cabbage/Leeks	Roasted New Potatoes Lemon Courgettes Peas	Coriander Rice Sweetcorn Cauliflower Florets	Roasted Potatoes Green Beans Spiced Red Cabbage	Sautéed Potatoes Baked beans Mushy Peas	Bombay Potatoes Vegetable Dhal	Basmati Rice Noodles
Pasta	Carbonara Quorn Meatballs	Beef Bolognese Onion & Parmesan	Noodle Bar Sweet & Sour Chicken Thai Vegetables	Tuna & Sweetcorn Tomato & Basil	Lamb Bolognese Fresh Pesto	(Chefs Choice) Sauce of the Day	Stir Fried Vegetable
Dessert	Creamy Rice Pudding With Honey & Raisins	Double Chocolate cake With Chocolate Sauce	Apple & Apricot Crumble With Custard	Sticky Ginger Bread With Custard	Jam Tart With Custard	Lemon Meringue Pie (Biscuit Base)	

Supper Lent Menu 2017 WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Chefs Soup	Chefs Soup	Chefs Soup	Chefs Soup	Chefs Soup	Chefs Soup	
Main	Mexican Spicy Beef with Tacos Shredded lettuce, Diced Tomatoes, Diced Onions (Diced Beef)	Chicken Chasseur (thighs)	Pork Stroganoff	Beef Lasagne With Garlic Bread	Lamb & Coriander Burger with Salsa, Relish, Fried Onions, mixed salad	Catch of the day Cod Goujons, Large fish fingers, Tartar Sauce, Lemon, Baps	Roast chicken stuffing Roast beef Yorkshire, horseradish Roast gammon
Vegetarian	Chickpea & Vegetable curry , rice Mango chutney	Chinese Vegetable Wraps	Cheese & Pepper Quiche	Vegetable Risotto	Goats Cheese & Mushroom Parcels	Roasted Vegetable Pasta Bake	Vegetable Lasagne
Starch & Veg Choice	Rice Noodles Stir Fried Vegetables	Basmati Rice Roasted New Potatoes Medley of Vegetables	Noodles Mashed Potatoes Sweetcorn	Jacket Wedges Red Cabbage Green Beans	Sweet Potato Fries Noodles Boston Beans	Chunky Chips Peas Mixed Leaf Coleslaw	Roast Potatoes Cauliflower & Broccoli cheese Glazed Carrots
Pasta	Sauce of the day	Sauce of the day	Sauce of the day	Sauce of the day	Sauce of the day		
Dessert	Iced Buns	Continental Pudding with Cream	Warm Belgium Waffles with Chocolate sauce	Chocolate Brownie	Crème Caramel	Chefs Choice	Chefs Choice

Supper Lent Menu 2017 WEEK2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Chefs Soup	Chefs Soup	Chefs Soup	Chefs Soup	Chefs Soup	Chefs Soup	
Main	Piri Piri Chicken Thighs Coriander Slaw	Grilled Cod with Roasted Fennel Salad	Lamb Cobbler	Spicy Thai Minced Chicken	Aromatic Red Pork Curry with Rice	Hot Dog Bar Pulled pork Chilli con Carne Grated Cheese Onions, Relish	Roast Turkey with Cranberry Roast pork apple sauce Roast beef with horseradish
Vegetarian	Mozzarella & Roasted Vegetable Tart	Ratatouille Filled Pancakes	Potato & Spring Onion Pie	Chickpea & Sweetcorn Burgers, Relish, Fried Onions, Baps	Aubergine & Tomato Layer with Pesto Topping	Roasted Vegetable and tomato sauce pasta bake	Sautéed Leek, Chive and Mushroom Frittata
Starch & Veg Choice	Noodles Sauté Potatoes Peas Courgettes & Mixed Peppers	Jasmine Rice Boulangere Potatoes Roasted Cherry Tomatoes with Basil	Noodles Mashed Potatoes Medley of Vegetables	Basmati rice Noodles Stir fried vegetables	Noodles Sweetcorn	French Fries Coleslaw Mixed Salad	Roast potatoes Savoy Cabbage Sliced Carrots
Pasta	Sauce of the day	Sauce of the day	Sauce of the day	Sauce of the day	Sauce of the day		
Dessert	Pineapple Upside Down Cake	Cappuccino Cake	Crunchy Jumbles	Raspberry Meringue Pies	Double Chocolate Chip Muffins	Chefs Choice	Chefs Choice

Supper Lent Menu 2017 WEEK3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Chefs Soup	Chefs Soup	Chefs Soup	Chefs Soup	Chefs Soup	Chefs Soup	
Main	Lamb Chilli Garlic Mayo Guacamole Salsa and Nachos	Slow Braised Beef Casserole	Hickory Smoked Fishcakes With Tartar Sauce Lemon and Mixed Leaf Salad	Goan Chicken Curry Mango Chutney Mint Yogurt	Breaded Pork Escalope's With Coriander & Tomato Chutney	Sub Night Lamb Meatballs Hot Chicken Tikka Sliced Cheese Sliced Meats	Roast Chicken & Stuffing Roast Lamb Mint sauce Roast beef Yorkshires & horseradish
Vegetarian	Root Vegetable Crumble with Sage & Onion Topping	Saag Aloo with Gobi Curry & Rice	Stuffed Mushrooms	Vegetable & Mozzarella Bruschetta	Mushroom & Potato Stroganoff	Quorn Balls in Tomato Sauce	Mozzarella & Roasted Vegetable Tart
Starch & Veg Choice	Noodles Braised Rice Mixed Salad Coleslaw	Jasmine Rice Mashed Potatoes Cauliflower & Broccoli Morney	Savoury Rice Noodles Roasted New Potatoes Medley of Green Vegetables	Basmati Rice Vegetable Stir Fry	Noodles Mashed Potatoes Green Beans Carrots	Chips Crispy Onions Salsa pots Sour cream pots Nachos	Roast potatoes Roasted Parsnips Broccoli
Pasta	Sauce of the day	Sauce of the day	Sauce of the day	Sauce of the day	Sauce of the day	Pasta Bake	
Dessert	Apple Turnovers	Lemon Drizzle Cake	Flapjack Strawberry Milk shake	Fresh fruit Salad	Apricot Clafoutis	Chefs Choice	Chefs Choice