

## LUNCH MENU WEEK THREE - AUTUMN/WINTER 2022

(Ve) vegan option, \*vegan option available upon request



Green Earth Monday	Tuesday	Wednesday	Thursday	Friday
Tomato Soup	Lentil Soup	Minestrone Soup	Tuscan Bean Soup	Potato & Parsley Soup
Vegetable Meatballs with Herb & Tomato Sauce & Penne Pasta	Naked Chicken Katsu with Rice & Pickled Veg	Roast of the Day with Traditional Accompaniments	Moroccan Chicken Tagine with Lemon & Garlic Cous Cous	Battered Sustainably Sourced Fish with Chips
Roasted Pepper & Mozzarella Rice Balls	Sweet Potato Katsu, Rice & Pickled Veg	Roasted Root Vegetable Pie	Moroccan Chickpea & Lemon Tagine Stew (Ve)	Panini Pizza with Feta Cheese & Tomato
Butternut, Feta Cheese, Pea & Mint Frittata	Kung Poa Chicken Noodle	Falafel Wrap with Mango Salad & Minted Yoghurt	Spicy Lamb Ragout Stew Topped with Diced Potatoes & Crispy Onions	BBQ Korean Spiced Vegetable Mince Rice Pot
Sweetcorn & Pepper, Broccoli, Baked Beans, Mixed Garden Salad	Roasted Veg, Green Beans, Baked Beans, Mixed Garden Salad	Roast Potatoes, Carrots, Broccoli, Baked Beans, Mixed Garden Salad	Carrots, Cauliflower, Spiced Diced Potatoes, Baked Beans, Mixed Garden Salad	Chipped Potatoes, Garden Peas, Baked Beans, Mixed Garden Salad
Hot Dessert of the Day	Hot Dessert of the Day	Hot Dessert of the Day	Hot Dessert of the Day	Hot Dessert of the Day

### AVAILABLE DAILY

Filled Baked Potatoes, Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps, Fresh Salads.  
Fresh Fruit Salad, Hot & Cold Drinks