LUNCHES

WEEK 1

Monday
Pesto Pasta Bake: Conchiglie pasta in a pesto sauce, topped with grated cheese and baked, served with a side of peas. Followed by flapjack.

Tuesday
Chicken Tikka: Diced onion, peppers, green beans, chicken breast and fresh coriander in a fragrant tikka sauce, finished with vegan cream, served with naan bread. Followed by fruit yoghurt.

Wednesday
Irish Lamb Stew: Minced lamb, onion, carrot, peas, diced potato, pearl barley and fresh herbs in a rich gravy. Followed by chocolate and raspberry sponge.

Thursday
White Fish Mornay: Responsibly caught white fish, leeks, peas and boiled potatoes in a cheese sauce, served with cauliflower and broccoli. Followed by vegan jelly.

Friday
Beef Chilli: Beef mince, onions, carrot, celery and kidney beans in a fragrant tomato sauce, served with mixed rice. Followed by fresh fruit salad.

WEEK 2

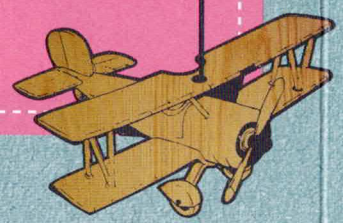
Monday
Chicken à la King: Diced chicken breast, onions, red peppers, mushrooms in a cream and parsley sauce, served with mixed rice. Followed by fruit yoghurt.

Tuesday
White Fish Goulash: Diced onion, pepper, green beans, spinach and flaked white fish in a smoky tomato sauce served with chilled quinoa. Followed by orange and poppy seed sponge.

Wednesday
Roasted Vegetable and Tomato Pasta: Roasted mixed vegetables and penne pasta mixed through a herby tomato sauce, served with green beans. Followed by vegan jelly.

Thursday
Turkey Bolognese: Turkey mince, onion, carrot and celery in a traditional bolognese sauce, served with spaghetti and grated cheese. Followed by fresh fruit salad.

Friday
Venison Bourgignon: Locally sourced diced venison, bacon, onions, carrots and mushrooms in a rich red wine and parsley gravy, served with boiled potatoes. Followed by vanilla shortbread.



WEEK 3

Monday
Lamb and Sweet Potato Tagine: Lamb mince, chickpeas, sweet potato, chopped dates and vegetables brought together in a mixed spiced tomato sauce. Followed by spiced cranberry flapjack.

Tuesday
Winter Vegetable Soup: A hearty mixed vegetable, red lentil, sweet potato and macaroni soup, with a herb and tomato base finished with vegan cream, served with a bread roll. Followed vegan jelly.

Wednesday
Tuna Pasta Bake: Responsibly sourced tuna flakes in a cream and vegetable sauce, mixed through penne pasta, topped with grated cheddar and baked, served with sweetcorn. Followed by fresh fruit salad.

Thursday
Beef Stroganoff: Diced beef and vegetables in a creamy garlic and mushroom sauce, served with mixed rice. Followed by fruit yoghurt.

Friday
Chicken Roast: Chicken breast served in gravy accompanied with a side of roast potatoes, carrots and cabbage. Followed by fruit sponge.