

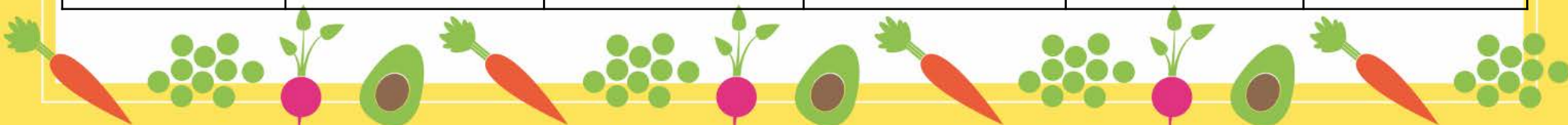
# Spring Lunch

| <i>Week 1</i>             | <i>Meat Free Monday</i>  | <i>Tuesday</i>   | <i>Wednesday</i>   | <i>Thursday</i>   | <i>Friday</i>   |
|---------------------------|--|--|--|---|---|
| <i>Soup</i>               | White Bean & Sage  | Spring Vegetable   | Roasted Red Pepper & Garlic  | Creamy Leek Soup  | Corn Soup with Chipotle Sour Cream  |
| <i>Main course</i>        | Classic Thin Crust Cheese & Tomato Pizza                           | Thai Green Turkey Strips with Capsicum Peppers & Onions                            | Cumberland Sausage Stuffed Yorkshire Puddings with Onion Gravy                       | Traditional Beef Lasagne with Garlic Bread                        | Battered Haddock Portion with Lemon Mayonnaise & Gherkins                 |
| <i>Vegetarian</i>         | Gnocchi, Broccoli & White Bean Bake                                | Lentil Meatloaf Cups With Tomato Sauce   | Vegetarian Sausage Roll with Poppy Seed Pastry                                       | Spring Green Spanakopita  | Honey BBQ Quorn Strips in a Tortilla Basket with Shredded Iceberg Lettuce |
| <i>On the side</i>        | Garlic Bread<br>Spring Vegetable Medley                            | Fragranced Rice<br>Sauté Sugar Snap Peas<br>Roasted Baby Corn<br>Naan Bread Shards | Sea Salt & Rosemary Roasted<br>New Potatoes<br>Orange Glazed Carrots<br>Creamy Leeks | Creamy Mashed Potatoes<br>Roasted Mediterranean Vegetables        | Salted Chip Shop Style Chips<br>Garden Peas<br>Baked Beans                |
| <i>Jacket Bar</i>         | Baked Beans  | Baked Beans  | Baked Beans  | Baked Beans   | Baked Beans   |
| <i>Extras</i>             | Sandwiches, Salads & Proteins with a Range of Dressings & Toppings | Sandwiches, Salads & Proteins with a Range of Dressings & Topping                  | Sandwiches, Salads & Proteins with a Range of Dressings & Topping                    | Sandwiches, Salads & Proteins with a Range of Dressings & Topping | Sandwiches, Salads & Proteins with a Range of Dressings & Topping         |
| <i>Pasta Bar</i>          | Spinach & Rocket   | Creamy Courgette & Bacon   | Smoked Paprika Mushroom  | Pepperoni & Tomato  | Creamy Pesto  |
| <i>Dessert of the Day</i> | Passionfruit Mousse<br>Yoghurt & Fruit                             | Sticky Orange & Carrot Cake<br>Yoghurt & Fruit                                     | Oat & Raisin Cookies<br>Yoghurt & Fruit  | Chocolate & Cherry Sponge<br>With Chocolate Sauce                 | Cold Rice Pudding Pots with Salted Caramel Sauce                          |



# Spring Lunch

| <i>Week 2</i>             | <i>Meat Free Monday</i>  | <i>Tuesday</i>   | <i>Wednesday</i>  | <i>Thursday</i>   | <i>Friday</i>   |
|---------------------------|--|--|---|---|---|
| <i>Soup</i>               | Sweet Potato & Sweetcorn Chowder   | French Onion   | Vegetable Mulligatawny  | Curried Parsnip & Potato  | Roasted Carrot & Ginger   |
| <i>Main course</i>        | Vegetarian Spring Rolls  | Sticky Chinese BBQ Pork Chop   | Lemon & Thyme Roasted Chicken Thighs with Stuffing  | Baked Beef Meatball Chilli with Soured Cream & Guacamole                              | Grilled Gammon Steak with Pineapple, Coriander & Chilli Salsa                   |
| <i>Vegetarian</i>         | Vegan M'hanncha  | Spicy Vegetable Quesadilla with Tomato Salsa   | Savoury Pancakes Stuffed with Spiced Potato & Spinach                                     | Spinach, Potato & Cauliflower Pasty   | Sweet Potato & Bean Burger with Pickles & Fried Onions                          |
| <i>On the side</i>        | Egg Noodles<br>Sauté Courgettes with Garlic & Black Pepper<br>Sweetcorn & Red Pepper | Vegetable Rice<br>Roasted Cauliflower with Turmeric & Ginger<br>Blackened Smokey Corn on the Cob | Crispy Roast Potatoes with Spring Onion & Parsley<br>Sauté Kale<br>Honey Roasted Parsnips | Fried Onion & Cumin Seed Rice<br>Roasted Carrots with Poppy Seeds<br>Steamed Broccoli | Sea Salted Seasoned Skinny Fries<br>Minty Buttered Peas<br>Grilled Herby Tomato |
| <i>Jacket Bar</i>         | Baked Beans  | Baked Beans  | Baked Beans   | Baked Beans   | Baked Beans   |
| <i>Extras</i>             | Sandwiches, Salads & Proteins with a Range of Dressings & Toppings                   | Sandwiches, Salads & Proteins with a Range of Dressings & Topping                                | Sandwiches, Salads & Proteins with a Range of Dressings & Topping                         | Sandwiches, Salads & Proteins with a Range of Dressings & Topping                     | Sandwiches, Salads & Proteins with a Range of Dressings & Topping               |
| <i>Pasta Bar</i>          | Creamy Sage & Parmesan   | Butterbean & Basil Pesto   | Four Cheese Sauce   | Curly Kale & Salami   | Black Olive, Herb & Roasted Tomato  |
| <i>Dessert of the Day</i> | Mint & Chocolate Mess  | Summer Berry Sponge & Custard  | Chocolate Rice Krispie Cake   | Apple & Cinnamon Crumble With Butterscotch Custard                                    | Upside Down Berry Cheesecake  |



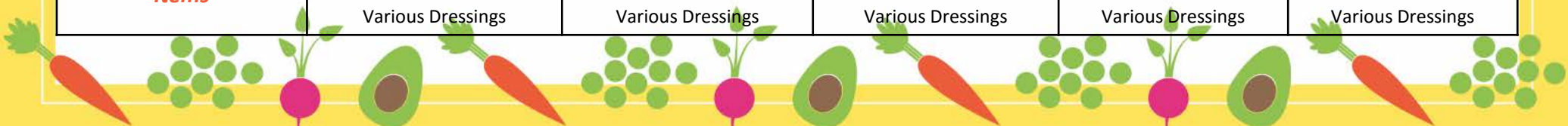
# Spring Lunch

| <i>Week 3</i>             | <i>Meat Free Monday</i>   | <i>Tuesday</i>   | <i>Wednesday</i>   | <i>Thursday</i>  | <i>Friday</i>   |
|---------------------------|---|--|--|--|---|
| <i>Soup</i>               | Creamy Lentil & Coconut   | Cauliflower Cheese Soup  | Roasted Root Vegetable   | Moroccan Chickpea & Spinach  | Baked Pumpkin & Honey   |
| <i>Main course</i>        | Quorn & Vegetable Curry with Spring Onion Relish & Crispy Spinach                 | Pork & Beef Meatballs with Spicy Tomato Sauce                      | Irish Stew with Herb Dumplings   | Cumberland Pie topped with Creamy Mash Potato                      | Chicken Katsu Burger with Pickled Vegetable Slaw  |
| <i>Vegetarian</i>         | Honey Roast Vegetable Risotto with Toasted Seeds                                  | Roasted Mediterranean Vegetable Ragu                               | Spiced Chickpea & Sweet Potato Cake  | Cheesy Mash topped Vegetarian Cumberland Pie                       | Vegan Frankfurter with Fried Onions   |
| <i>On the side</i>        | Braised Rice<br>Green Beans with Crispy Shallots<br>Piri Piri Roasted Cauliflower | Tri-Colour Pasta<br>Roasted Roots<br>Broccoli, Watercress & Rocket | Champ Potatoes<br>Roast Swede with Smoked Paprika<br>Aniseed Roast Carrot Batons | Grilled Courgette With Garlic<br>Buttered Baby Corn<br>Onion Gravy | Baked Jacket Wedges<br>Seasoned with Fajita Spice<br>Garden Peas<br>BBQ Giant Baked Beans |
| <i>Jacket Bar</i>         | Baked Beans   | Baked Beans  | Baked Beans  | Baked Beans  | Baked Beans   |
| <i>Extras</i>             | Sandwiches, Salads & Proteins with a Range of Dressings & Toppings                | Sandwiches, Salads & Proteins with a Range of Dressings & Topping  | Sandwiches, Salads & Proteins with a Range of Dressings & Topping                | Sandwiches, Salads & Proteins with a Range of Dressings & Topping  | Sandwiches, Salads & Proteins with a Range of Dressings & Topping                         |
| <i>Pasta Bar</i>          | Roast Pepper, Spinach & Garlic Oil  | Baby Leaf Spinach, Garlic, Chorizo & Parmesan                      | Creamy Leek & Stilton  | Green Olive, Fresh Herbs & Parmesan                                | Courgette, Lemon & Pasta  |
| <i>Dessert of the Day</i> | Orange & Mixed Spice Flapjack   | Upside Down Pear & Cinnamon Cake with Custard                      | Rocky Road   | Peach & Cherry Crumble with Vanilla Custard                        | Chocolate Pannacotta  |



# Spring Salad Bar

| <i>Week 1</i>                            | <i>Monday</i>  | <i>Tuesday</i>   | <i>Wednesday</i>   | <i>Thursday</i>  | <i>Friday</i>  |
|--|--|--|--|--|--|
| <i>Everyday Salad</i>                    | Tomatoes, Mixed Leaves, Chunky Cucumbers & Sweetcorn             | Tomatoes, Mixed Leaves, Chunky Cucumbers & Sweetcorn             | Tomatoes, Mixed Leaves, Chunky Cucumbers & Sweetcorn                           | Tomatoes, Mixed Leaves, Chunky Cucumbers & Sweetcorn             | Tomatoes, Mixed Leaves, Chunky Cucumbers & Sweetcorn             |
| <i>Carb Simple</i>                       | Mexican Style Five Bean Salad with Crushed Tortilla Chips        | European Style Potato Salad                                      | Orzo Pasta in Spicy Neapolitan Sauce with Black Olives & Caramelised Red Onion | Summer Fruit & Quinoa Salad                                      | Egg Noodles, Roasted Peppers & Onions In Plum Sauce              |
| <i>Protein Meat (Grab &amp; Go Pots)</i> | Egg Nicoise with Mustard Cress                                   | Jerk Chicken with Pineapple Salsa                                | Creamy Chicken & Apricot Coronation  | Traditional Prawn Cocktail                                       | Honey Mustard Slow Cooked Gammon on Crispy Lettuce               |
| <i>Protein Veg</i>                       | Crunchy Bulgar Wheat Salad                                       | Pitta Bread, Red Pepper Hummus, Tzatziki & Olives                | Sweetcorn Salsa with Jalapeno, Lime, Coriander & Feta                          | Spring Fresh Pea, Mint & Goat's Cheese Frittata                  | Crunchy Indian Salad   |
| <i>Composite Salad 1</i>                 | Spring Vegetable & Cauliflower Tabbouleh                         | Roasted Carrot, Spelt, Fennel & Blood Orange                     | Thinly Sliced Red Cabbage & Grated Carrot with Sweet Chilli & Coriander        | Carrot, Orange & Avocado   | Kale, Pea & Fennel Salad   |
| <i>Composite Salad 2</i>                 | Lemon Courgette Ribbons  | Mustardy Beetroot & Lentil Salad                                 | Chunky Cucumber & Mint Vinaigrette Dressing                                    | Roasted Tomato & Basil with Garlic Oil                           | Roasted New Potato, Chive & Spring Onion Salad                   |
| <i>Additional Items</i>                  | Croutons<br>Mixed Seeds<br>Marinated Olives<br>Various Dressings | Croutons<br>Mixed Seeds<br>Marinated Olives<br>Various Dressings | Croutons<br>Mixed Seeds<br>Marinated Olives<br>Various Dressings               | Croutons<br>Mixed Seeds<br>Marinated Olives<br>Various Dressings | Croutons<br>Mixed Seeds<br>Marinated Olives<br>Various Dressings |



# Spring Salad Bar

| <i>Week 2</i>                            | <i>Monday</i>  | <i>Tuesday</i>   | <i>Wednesday</i>   | <i>Thursday</i>  | <i>Friday</i>  |
|--|--|--|--|--|--|
| <i>Everyday Salads</i>                   | Tomatoes, Mixed Leaves, Chunky Cucumbers & Sweetcorn             | Tomatoes, Mixed Leaves, Chunky Cucumbers & Grated Carrot         | Tomatoes, Mixed Leaves, Chunky Cucumbers & Sweetcorn             | Tomatoes, Mixed Leaves, Chunky Cucumbers & Grated Carrot         | Tomatoes, Mixed Leaves, Chunky Cucumbers & Sweetcorn             |
| <i>Carb Simple</i>                       | Puy Lentil, Mint & Roasted Cherry Tomato                         | Pasta Salad with Rocket & Crème Fraiche                          | Roasted Broccoli & Wild Rice Salad with Miso Dressing            | Sweet Potato, Lentil & Feta Salad                                | Fusilli Pasta, Sweetcorn & Red Onion                             |
| <i>Protein Meat (Grab &amp; Go Pots)</i> | Egg Noodles with Crispy Vegetables & Hoi Sin Sauce               | Spanish Chicken with Orange Salad                                | Tomato, Red Onion & Chorizo                                      | Edamame Bean, Chicken & Pasta Salad                              | Prawn & Mango Salad  |
| <i>Protein Veg</i>                       | Grilled Halloumi with Roasted Peppers                            | Mini Vegetable Samosas With Minted Yoghurt                       | Greek Salad with Feta  | Chickpea Falafel with Sweet Chilli Dipping Sauce                 | Apple, Date & Blue Cheese Salad                                  |
| <i>Composite Salad 1</i>                 | Carrot, Raisin, Orange & Pumpkin Seed                            | Brazilian Kale Salad   | Potato Salad with Fresh Herb Oil & Watercress                    | Floridian Style Fruity Coleslaw                                  | Grilled Aubergine & Tomato Salad                                 |
| <i>Composite Salad 2</i>                 | Pear, Fennel & Pomegranate                                       | Kos Lettuce, Garden Peas & Broad Beans                           | Tuna mayonnaise with red onion                                   | Giant Israeli Couscous Mediterranean Vegetables & Roasted Onions | Celeriac, Radish, Orange & Courgette Salad                       |
| <i>Additional Items</i>                  | Croutons<br>Mixed Seeds<br>Marinated Olives<br>Various Dressings | Croutons<br>Mixed Seeds<br>Marinated Olives<br>Various Dressings | Croutons<br>Mixed Seeds<br>Marinated Olives<br>Various Dressings | Croutons<br>Mixed Seeds<br>Marinated Olives<br>Various Dressings | Croutons<br>Mixed Seeds<br>Marinated Olives<br>Various Dressings |

