Lunch Menu Week 1

Mon

Flaked Salmon With Roasted Vegetables & Wholegrain Pasta

Salmon (F), Tomato (T), Onions, Red Peppers, Green Peppers, Courgette, Aubergine, Carrots, Wholegrain Pasta (G), Mixed herbs ,Garlic

Tue

Slow Cooked Beef Barbacoa with Mexican Rice

Organic Beef Brisket, Tomato (T), Onions, Garlic, Cumin, Smoked paprika, Mild chipotle chilli paste, Mixed Peppers, Green beans (L), Vegetable Stock, Brown Rice, Spices, Cornflour

Wed

Chicken & Vegetable Hotpot with Steamed Pototoes

Organic Farm Reared Chicken, Carrots, Swede, Butternut Squash, Potatoes, Vegetable Stock, Herbs, Spices, Cornflour

Thurs

Sweet Potato, Lentil & Spinach Curry with Brown Rice

Sweet Potato, Red Lentils (L), Spinach, Carrots, Tomato (T), Onions, Cumin, Garam Masala, Mild Curry Powder, Coriander Powder, Brown Rice

Fri

Pomodoro Sauce with Wholegrain Pasta & Grated Cheese

Tomato (T), Onion, Garlic, Oregano, Wholegrain Pasta (G), Mild Cheddar Cheese (M)

(M) contains Milk
(T) contains Tomato
(G) contains Gluten
(F) contains Fish
(S) contains Soya
(L) contains Legumes
(E) contains Eggs

Please note that we cater to all dietary & Allergen requirements, gluten free, dairy free, tomato free, vegetarian and vegan. We will always provide an alternative.

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Vegetarian Lunch Menu Week 1

Mon

Soya Mince With Roasted Vegetables & Wholegrain Pasta

Soya Mince (S), Tomato (T), Onions, Red Peppers, Green Peppers, Courgette, Aubergine, Carrots, Wholegrain Pasta (G), Mixed Herbs, Garlic

Tue

Slow Cooked Barbacoa with Mexican Rice

Shredded Vegan Chicken (G), Soya (S), Soya Bean (S), Tomato (T), Onions, Garlic, Cumin, Smoked Paprika, Mild Chipotle Chilli, Mixed peppers, Green Beans (L), Spices, Cornflour Vegetable Stock, Brown Rice

Wed

Protein Chunks & Vegetable Hotpot with Steamed Potatoes Protein Chunks (S), Carrots, Swede, Butternut Squash, Potatoes, Vegetable Stock, Herbs, Spices

Thurs

Sweet Potato, Lentil & Spinach Curry with Brown Rice Sweet Potato, Red Lentils (L), Spinach, Carrots, Tomato (T), Onions, Cumin, Garam Masala, Mild Curry powder, Coriander Powder, Brown Rice

Fri

Pomodoro Sauce with Wholegrain Pasta & Grated Cheese Tomato (T), Onion, Garlic, Oregano, Wholewheat Pasta (G), Mild Cheddar Cheese (M)

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Lunch Menu Week 2

Mon

Homemade Beef Meatballs in a Basil & Roasted Pepper Sauce with Wholegrain Pasta

Organic Beef Mince, Rice Flour, Onion Powder, Garlic powder, Spices, Tomato (T), Red Peppers, Onion, Basil, Garlic, Wholegrain Pasta (G)

Tue

Red Lentil & Turtle Bean Chilli with Brown Rice

Red Lentils (L), Tomato (T), Garlic, Onions, Cumin, Smoked Paprika, Turtle Beans (L), Kidney Beans (L), Carrots, Brown Rice

Wed

BBQ Chicken, Vegetables & Noodles

Organic Free Range Chicken, Noodles (G), Tomato (T), Tomato Puree (T), Maple Syrup, Vinegar, Onion, Carrots, Peas (L), Vegetable Stock, Onion Powder, Cornflour, Herbs and Spices

Thurs

Red Lentil & Carrot Ragu with Pasta & Grated Cheese

Red Lentil (L), Carrots, Tomato (T), Onion, Garlic, Oregano, Wholegrain Pasta (G), Mild Cheddar Cheese (M)

Fri

Pollock, Squash & Sweetcorn Creamy Coconut Curry Sauce with Brown Rice

Pollock (F), Butternut Squash, Sweetcorn, Tomato (T), Onion, Coconut Milk, Paprika, Garlic, Lemon Grass,Garam Masala, Mild Curry Powder, Cumin, Turmeric, Brown Rice

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Vegetarian Lunch Menu Week 2

Mon

No-Beef Meatballs in a Basil & Roasted Pepper Sauce with Wholegrain Pasta

Pea Protein (L), Onion, Tomato Puree (T), Chickpea Flour, Basil, Black Pepper, Tomato (T), Red Peppers, Onion, Basil, Garlic, Wholegrain Pasta (G)

Tue

Red Lentil & Turtle Bean Chilli with Brown Rice

Red Lentils (L), Tomato (T), Garlic, Onions, Cumin, Smoked Paprika, Turtle Beans (L), Kidney Beans (L), Carrots, Brown Rice

Wed

BBQ Protein Chunks, Vegetables & Noodles

Protein Chunks (S), Noodles (G), Tomato (T), Tomato Puree (T), Maple Syrup, Vinegar, Onion, Carrots, Peas (L), Vegetable Stock, Onion Powder, Cornflour, Herbs and Spices

Thurs

Red Lentil & Carrot Ragu with Pasta & Grated Cheese

Red Lentil (L), Carrots, Tomato (T), Onion, Garlic, Oregano, Wholegrain Pasta (G), Mild Cheddar Cheese

Fri

Soya Mince, Squash & Sweetcorn Creamy Coconut Curry Sauce with Brown Rice

Soya Mince (S), Butternut Squash, Sweetcorn, Tomato (T), Onion, Coconut Milk, Paprika, Garlic, Lemongrass, Mild Curry Powder, Garam Masala, Cumin, Turmeric, Brown Rice

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Lunch Menu Week 3

Mon

Thai Chicken Curry with Vegetables & Brown Rice

Organic Farm reared Chicken, Tomato (T), Tomato Puree (T), Cumin, Lemongrass, Thai Basil, Coriander, Garlic, Mild curry powder, Coconut Milk, Mild Chilli Powder, Spices

Tue

Roasted Red Pepper, Tomato Herby Sauce with Pasta & Cheese

Red Peppers, Red Lentils (L), Onions, Tomato (T), Garlic, Oregano, Wholegrain Pasta (G), Mild Cheddar Cheese (M)

Wed

Lamb & Chunky Vegetable Stew with Crusty Hot Roll

Organic Minced Lamb, Carrots, Swede, Maris Piper Potatoes, Vegetable Stock, Cornflour, Herbs, Spices, Wheat (G), Water, Yeast, Salt

Thurs

Pollock Rogan Josh with Broccoli and Brown Rice

Pollock (F), Tomato (T), Onion, Carrots, Cumin, Garam Masala, Broccoli, Brown Rice

Fri

Roast Chicken with Vegetables & Potatoes

Maris Piper Potato, Organic Free Range Chicken, Cauliflower, Broccolli, Carrots, Vegetable Stock, Cornflour, Herbs, Spices

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Vegetarian Lunch Menu Week 3

Mon

Thai Protein Chunks Curry with Vegetables & Brown Rice

Protein Chunks (S), Tomato (T), Tomato Puree (T), Cumin, Lemongrass, Thai Basil, Coriander, Garlic, Mild curry powder, Coconut Milk, Mild Chilli Powder, Spices.

Tue

Roasted Red Pepper, Tomato Herby Sauce with Pasta & Cheese

Red Peppers, Red Lentils (L), Onions, Tomato (T), Garlic, Oregano, Wholegrain Pasta (G), Mild Cheddar Cheese (M)

Wed

Soya Mince & Chunky Vegetable Stew with Crusty Hot Roll

Soya Mince (S), Carrots, Swede, Maris Piper Potatoes, Vegetable Stock, Cornflour, Herbs, Spices, Wheat (G), Water, Yeast, Salt

Thurs

Soya Mince Rogan Josh with Broccoli and Brown Rice

Soya Mince (S), Tomato (T), Onion, Carrots, Cumin, Garam Masala, Broccoli, Brown Rice

Fri

Protein Chunks with Vegetables & Roasted Potatoes

Protein Chunks (S), Maris Piper Potatoes, Cauliflower, Broccoli, Carrots, Vegetable Stock, Cornflour, Herbs, Spices

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