

# Lunch Menu

## Francis Holland

WEEK 1  
09 01 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Soup</b>	Tomato and basil	Carrot and coriander soup.	Minestrone	Chunky vegetable and lentil.	Roast pumpkin.
<b>Bread of the Day</b>	A selection of freshly baked bread and croutons	A selection of freshly baked bread and croutons	A selection of freshly baked bread and croutons	A selection of freshly baked bread and croutons	A selection of freshly baked bread and croutons
<b>Main</b>	Spaghetti With Tomato & herb sauce	Chicken breast fillet in a cream and tarragon sauce	Honey roasted bacon chop, parsley sauce.	Roast lamb, Mint sauce.	Poached salmon with dill hollandaise  Fillet fish fingers.
<b>Vegetarian</b>	Spaghetti with pesto and olives	Croissant filled with shredded tofu, rocket & chutney.	Asparagus quiche.	Bean & celery bake with oat crumble.	Cauliflower and broccoli in cheese sauce.
<b>On the side</b>	Garlic & herb bread slices. Broccoli spears	Pasta in tomato sauce.  French beans	Roast vine tomatoes and courgettes.  New potatoes.	Oven roasted vegetables & baby potatoes.	French fries  Garden peas.
<b>Jacket Bar</b>	. Grated Cheddar, Baked Beans, Tuna	Grated Cheddar, Baked Beans, Tuna	Grated Cheddar, Baked Beans, Tuna	Grated Cheddar, Baked Beans, Tuna	Grated Cheddar, Baked Beans, Tuna
<b>Dessert</b>	Fruit salad & cream	Raisin & banana sponge, custard.	Carrot cake.	Iced chocolate & apple sponge.	Fruit platter.

Always available – Salad Bar – Fresh Fruit Platter – Homemade Yoghurt with Toppings

# Lunch Menu

## Francis Holland

WEEK 2 16 01 2017		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Soup</b>	Leek and potato.	Asparagus.	Broccoli and stilton.	Cream of tomato.	Celery, apple and cheddar.	
<b>Bread of the Day</b>	A selection of freshly baked bread and croutons	A selection of freshly baked bread and croutons	A selection of freshly baked bread and croutons	A selection of freshly baked bread and croutons	A selection of freshly baked bread and croutons	
<b>Main</b>	Roasted red pepper filled with hoummos and vegetables.	Chicken & crispy Chinese vegetable stir fry.	Lasagne al forno.	Chicken korma, sambals and naan..	Breaded fillet of fish, lemon and tartare sauce.	
<b>Vegetarian</b>	Wild mushroom and leek risotto.	Hoi sin glazed quorn sausages.	Cous cous with Mediterranean vegetables.	Vegetable korma with quinoa.	Pasta with asparagus spears & parmigiano reggiano shavings.	
<b>On the side</b>	Penne. Sauté marrow and squash.	Chop suey Steamed rice.	Garlic bread. Parmesan baked tomatoes.	Pillau rice. Corn on the cob with herb butter.	Mange tout Spicy spirals.	
<b>Jacket Bar</b>	Grated Cheddar, Baked Beans, Tuna	Grated Cheddar, Baked Beans, Tuna	Grated Cheddar, Baked Beans, Tuna	Grated Cheddar, Baked Beans, Tuna	Grated Cheddar, Baked Beans, Tuna	
<b>Dessert</b>	Fruit salad & cream	Fruity flapjack.	Plum & cinnamon sponge, custard.	Caramelised apple tart with crème fraiche.	Fresh fruit platter.	

**Always available – Salad Bar – Fresh Fruit Platter – Homemade Yoghurt with Toppings**

# Lunch Menu

## Francis Holland

WEEK 3  
23 01 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Soup</b>	Cream of celeriac.	Country vegetable.	Honey roast parsnip.	Sweet potato and spinach.	Carrot and orange.
<b>Bread of the Day</b>	A selection of freshly baked bread and croutons	A selection of freshly baked bread and croutons	A selection of freshly baked bread and croutons	A selection of freshly baked bread and croutons	A selection of freshly baked bread and croutons
<b>Main</b>	Vegetable passanda with sambals and naan.	Spaghetti carbonara.	Country chicken & button mushroom flaky pie.	Sauté turkey with pesto & cherry tomatoes.	Fillet of fish with tomato and olive sauce.
<b>Vegetarian</b>	Egg noodles with crunchy oriental vegetables.	Nachos grande.	Baked courgette, tomato and halloumi, pitta bread.	Lentil tagine.	Tomato, aubergine and courgette gratin.
<b>On the side</b>	Steamed rice. Saag aloo.	Ciabatta garlic dough balls. Broccoli spears	Cabbage and pepper stir fry. New potatoes.	Medley of vegetables. Pasta spirals.	Herby diced potatoes. French beans and carrot batons.
<b>Jacket Bar</b>	Grated Cheddar, Baked Beans, Tuna	Grated Cheddar, Baked Beans, Tuna	Grated Cheddar, Baked Beans, Tuna	Grated Cheddar, Baked Beans, Tuna	Grated Cheddar, Baked Beans, Tuna
<b>Dessert</b>	Farmhouse fruit cake and custard.	Baked apple, whipped cream with cinnamon and demerara sprinkle.	Fruit platter.	Chocolate and raisin krispies.	Poached pears and chocolate sauce.

Always available – Salad Bar – Fresh Fruit Platter – Homemade Yoghurt with Toppings

# Lunch Menu

## Francis Holland

WEEK 4  
30 01 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Soup</b>	Sweetcorn and noodle.	Minted Pea.	French onion.	Tomato and basil.	Courgette and cumin.
<b>Bread of the Day</b>	A selection of freshly baked bread and croutons	A selection of freshly baked bread and croutons	A selection of freshly baked bread and croutons	A selection of freshly baked bread and croutons	A selection of freshly baked bread and croutons
<b>Main</b>	Italian feast. A choice of pasta and sauces.	Sweet 'n'sour pork.	Traditional roast chicken with chipolata & bacon roll	Fishermans pie with cheesy potato topping.	Chicken fajitas.
<b>Vegetarian</b>	Pastas Penne Tagliatelle Verdi Conghiglione.	Spinach & mushroom lasagne..	. Lentil and root vegetable bake.	Squash, puy lentil and red onion risotto	Tofu & vegetable fajitas.
<b>On the side</b>	Sauces Tomato & herb Cheese, spinach & leek. Olives, pesto & parmesan.	Steamed Rice. Mange tout & carrots.	Roast potatoes. Broccoli & cauliflower florets. Mashed swede & carrots.	French fries. Chunky baked ratatouille.	Tortilla chips. Sour cream. Tomato salsa. Guacamole.
<b>Jacket Bar</b>	Grated Cheddar, Baked Beans, Tuna	Grated Cheddar, Baked Beans, Tuna	Grated Cheddar, Baked Beans, Tuna	Grated Cheddar, Baked Beans, Tuna	Grated Cheddar, Baked Beans, Tuna
<b>Dessert</b>	.Fruit Crumble & custard	Goey flapjack with sultanas & white chocolate chips.	Fruit cobbler.	Double chocolate mousse & berry granola.	Chinese fruit salad

Always available – Salad Bar – Fresh Fruit Platter – Homemade Yoghurt with Toppings

# Lunch Menu

## Francis Holland

WEEK 5  
06 02 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Soup</b>	Watercress.	Celery.	Red lentil.	Roasted red pepper.	Courgette and tomato.
<b>Bread of the Day</b>	A selection of freshly baked bread and croutons	A selection of freshly baked bread and croutons	A selection of freshly baked bread and croutons	A selection of freshly baked bread and croutons	A selection of freshly baked bread and croutons
<b>Main</b>	Bean and sweet potato casserole.	Cottage pie with cheese and leek mash topping	Baked chicken, chicory and wholegrain mustard dressing.	Ciabatta pizza with choice of topping...  Meat feast,	Tempura battered fillet of fish, lemon & tartare sauce .
<b>Vegetarian</b>	Three cheese and celery gallettes	Mushroom filled with tomato salsa and lentils.	Roast vegetables with quorn chunks and pitta bread.	Tuna & sweetcorn.  Tomato and mozzarella,	Chick pea chilli and rice.
<b>On the side</b>	Cous cous.  Spiced courgettes and chick peas.	Creamed potatoes.  Minted broad beans.	New potatoes.  Honey glazed parsnip, carrots & courgettes.	Herby baked potato wedges.  Medley of Mediterranean vegetables.	Chunky chipped potatoes.  Garden peas.
<b>Jacket Bar</b>	Grated Cheddar, Baked Beans, Tuna	Grated Cheddar, Baked Beans, Tuna	Grated Cheddar, Baked Beans, Tuna	Grated Cheddar, Baked Beans, Tuna	Grated Cheddar, Baked Beans, Tuna
<b>Dessert</b>	Rhubarb & ginger sponge & custard	Fruit crumble and custard.	Treacle & lemon tart & custard.	Caramelised pineapple slices.	Fruit platter.

Always available – Salad Bar – Fresh Fruit Platter – Homemade Yoghurt with Toppings

# Lunch Menu

## Francis Holland

WEEK 6  
20 02 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Soup</b>	Curried cauliflower.	Spring vegetable.	Cream of mushroom.	Butternut squash.	Minestrone.
<b>Bread of the Day</b>	A selection of freshly baked bread and croutons	A selection of freshly baked bread and croutons	A selection of freshly baked bread and croutons	A selection of freshly baked bread and croutons	A selection of freshly baked bread and croutons
<b>Main</b>	Spaghetti bolnonaise with parmesan shavings.	Filo topped chicken and mushroom pie.	Spicy keema lamb curry in a taco shell with sour cream.	Oven baked beef hot pot.	Poached smoked haddock.  Mussels in cream, white wine & garlic.
<b>Vegetarian</b>	Quorn sausage and tomato casserole.	Spicy lentil casserole.	Roasted vegetable lasagne Verdi.	Lentil & coriander stuffed red pepper.	Cauliflower and broccoli in cheese sauce.
<b>On the side</b>	Garlic and herb bread slices.  Sauté spinach.	Minted new potatoes.  Sauté leeks and corn.	Basmati rice.  Broccoli spears.	Root vegetable and potato crush.  French beans.	Spicy French fries.  Mange tout.
<b>Jacket Bar</b>	Grated Cheddar, Baked Beans, Tuna	Grated Cheddar, Baked Beans, Tuna	Grated Cheddar, Baked Beans, Tuna	Grated Cheddar, Baked Beans, Tuna	Grated Cheddar, Baked Beans, Tuna
<b>Dessert</b>	Plum goodie and custard.	Cherry tart.	Chocolate & pear sponge & chocolate sauce.	Fresh fruit salad.	Fruit platter Yoghurt.

Always available – Salad Bar – Fresh Fruit Platter – Homemade Yoghurt with Toppings

# Lunch Menu

## Francis Holland

WEEK 7 27 02 2017		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Soup</b>		Spicy Tomato	French onion.	Pea, mint and watercress.	Leek, potato and stilton.	Courgette and tomato.
<b>Bread of the Day</b>		A selection of freshly baked bread and croutons	A selection of freshly baked bread and croutons	A selection of freshly baked bread and croutons	A selection of freshly baked bread and croutons	A selection of freshly baked bread and croutons
<b>Main</b>		Griddled Halloumi with rocket and tomato salsa.	Tuna with sweet chilli sauce and chick pea crush.	Roast lamb with baked onion and mint sauce.	Sticky bacon and sweet potato jackets.	Seafood platter with lemon wedges and tartar sauce.
<b>Vegetarian</b>		Bean and spinach balti.	Pasta in tomato and sweetcorn sauce with cheesy crust.	Braised celery with stilton crumble.	Thai vegetable egg noodles with bok choi.	Spanish omelette.
<b>ON the side</b>		Steamed rice. French beans	Wholemeal pitta bread. Parmesan tomato.	Baby roast herby potatoes. Savoy cabbage. Broccoli spears.	Pasta ribbons. Pan fried courgettes and mushrooms.	Crispy chunky chips. Peas and carrots
<b>Jacket Bar</b>		Grated Cheddar, Baked Beans, Tuna	Grated Cheddar, Baked Beans, Tuna	Grated Cheddar, Baked Beans, Tuna	Grated Cheddar, Baked Beans, Tuna	Grated Cheddar, Baked Beans, Tuna
<b>Dessert</b>		Fruit smoothies.	Date flapjack.	Bread and butter pudding.	Lattice apple pie and custard.	Fruit platter.

**Always available – Salad Bar – Fresh Fruit Platter – Homemade Yoghurt with Toppings**

# Lunch Menu

## Francis Holland

WEEK 8  
06 03 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Soup</b>	Courgette & cumin	Minestrone.	Watercress.	Red lentil.	Tomato & basil.
<b>Bread of the Day</b>	A selection of freshly baked bread and croutons	A selection of freshly baked bread and croutons	A selection of freshly baked bread and croutons	A selection of freshly baked bread and croutons	A selection of freshly baked bread and croutons
<b>Main</b>	Braised root vegetables in a rich gravy.	Classic lasagne bolognaise.	Chicken and asparagus in a cream sauce with flaky pastry bows.	Traditional moussaka.	Breaded fillet of fish, lemon and tartar sauce.
<b>Vegetarian</b>	Roast vegetables with mozzarella and pitta.	Nachos grande with tricolour peppers.	Butternut squash & sage tart.	Cheese tortellini with tomato and basil sauce.	Stilton polenta with roasted fig.
<b>On the side</b>	Horseradish potatoes.	Garlic jacket wedges.	Creamed potatoes.	Medley of vegetables.	Beefeater chips.
	Honey glazed carrots and courgettes.	French beans.	Savoy cabbage.	New potatoes.	Peas and sweetcorn kernels.
<b>Jacket Bar</b>	Grated Cheddar, Baked Beans, Tuna	Grated Cheddar, Baked Beans, Tuna	Grated Cheddar, Baked Beans, Tuna	Grated Cheddar, Baked Beans, Tuna	Grated Cheddar, Baked Beans, Tuna
<b>Dessert</b>	Toffee apple pudding and cream.	Fruit crumble and custard.	Moist fruit cake.	Chocolate and raspberry iced sponge.	Fruit platter.

Always available – Salad Bar – Fresh Fruit Platter – Homemade Yoghurt with Toppings



# Lunch Menu

## Francis Holland

WEEK 9 13 03 2017		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Soup</b>		Chunky vegetable and lentil.	Carrot and coriander.	Sweet potato and chive.	Green pea and mint.	Cream of celeriac.
<b>Bread of the Day</b>		A selection of freshly baked bread and croutons	A selection of freshly baked bread and croutons	A selection of freshly baked bread and croutons	A selection of freshly baked bread and croutons	A selection of freshly baked bread and croutons
<b>Main</b>		Moroccan vegetable tagine.	Wholemeal pasta with a choice of sauces.  Crème fraiche carbonara.	Roast chicken, chipolata sausage and gravy.	Char sui pork, pan fried bok choi.	Poached salmon with dill hollandaise.  Fish fingers.
<b>Vegetarian</b>		Red peppers filled with crushed butternut squash.	Tomato and herb.  Roast vegetable.	Porcini mushroom & bean patties..	Cream cheese and roast vegetable wrap.	Macaroni in cheese sauce.
<b>On the side</b>		Savoury cous cous.  Ratatouille.	Ciabatta garlic bites.  Baby leaf salad.	Roast vine tomatoes and courgettes.  Roast potatoes.	Stir fry oriental vegetables.  Prawn crackers.	Chipped potatoes.  French beans.
<b>Jacket Bar</b>		Grated Cheddar, Baked Beans, Tuna	Grated Cheddar, Baked Beans, Tuna	Grated Cheddar, Baked Beans, Tuna	Grated Cheddar, Baked Beans, Tuna	Grated Cheddar, Baked Beans, Tuna
<b>Dessert</b>		Iced lemon sponge.	Lattice tart and custard.	Rhubarb oaty crumble and custard.	Granola, fruit and yoghurt.	Blueberry muffins.

Always available – Salad Bar – Fresh Fruit Platter – Homemade Yoghurt with Toppings

# Lunch Menu

## Francis Holland

WEEK 10 20 03 2017		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Soup</b>	Sweetcorn chowder.	Leek and potato.	Cream of tomato.	Roast parsnip.	Celery.	
<b>Bread of the Day</b>	A selection of freshly baked bread and croutons	A selection of freshly baked bread and croutons	A selection of freshly baked bread and croutons	A selection of freshly baked bread and croutons	A selection of freshly baked bread and croutons	
<b>Main</b>	Spinach & Riccotta in tomato sauce with spaghetti.	Sticky lemon chicken with watercress.	Stir fry minty lamb with spring onions and soy sauce.	Chicken fajitas	Breaded fillet of fish, lemon and tartar sauce.	
<b>Vegetarian</b>	Spaghetti with pesto, olives and feta.	Lightly curried aubergine and potato stack.	Pasta with tomato & vegetable sauce.	Quorn fajitas	Bean and vegetable filo roulade.	
<b>On the side</b>	Ciabatta. Rocket and pomegranate salad.	Garlic new potatoes. Broccoli florets.	Golden vegetable savoury rice. Pan fried spinach.	Tortilla chips. Salsa. Sour cream. Guacamole.	French fries. Pan fried courgettes.	
<b>Jacket Bar</b>	Grated Cheddar, Baked Beans, Tuna	Grated Cheddar, Baked Beans, Tuna	Grated Cheddar, Baked Beans, Tuna	Grated Cheddar, Baked Beans, Tuna	Grated Cheddar, Baked Beans, Tuna	
<b>Dessert</b>	Raspberries and chocolate mousse.	Strawberry cheesecake.	Pineapple upside down cake and custard.	Blackcurrant jelly with sultana shortbread.	Berry fruit salad.	

Always available – Salad Bar – Fresh Fruit Platter – Homemade Yoghurt with Toppings

# Lunch Menu

## Francis Holland

WEEK 11 27 03 2017		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Soup</b>		Scotch broth	Watercress.	Cream of asparagus.	tomato	Happy.
<b>Bread of the Day</b>		A selection of freshly baked bread and croutons	A selection of freshly baked bread and croutons	A selection of freshly baked bread and croutons	A selection of freshly baked bread and croutons	Easter !!
<b>Main</b>		Pan fried chicken fillet with watercress and crème fraiche dressing.	Steak and mushroom pie.	Tuna, prawn and sweet chilli pasta.	Cumberland sausages	
<b>Vegetarian</b>		Leek and cheddar tart.	Spicy bean filled beef tomato.	Mushroom stroganoff.	Pasta with tomato Sauce.	
<b>On the side</b>		Oven baked herby poatoes.  Braised celery.	Baby roast balsamic potatoes.  Carrot and swede mash.	Wholemeal pitta bread.  Sauté mange tout. Parmesan tomato.	Garden peas  New potatoes	
<b>Jacket Bar</b>		Grated Cheddar, Baked Beans, Tuna	Grated Cheddar, Baked Beans, Tuna	Grated Cheddar, Baked Beans, Tuna	Grated Cheddar, Baked Beans, Tuna	
<b>Dessert</b>		Four seed and honey flapjack.	Stewed rhubarb and custard.	Pear and raisin tart.	Hot X buns.	

Always available – Salad Bar – Fresh Fruit Platter – Homemade Yoghurt with Toppings

# Lunch Menu

## Francis Holland

WEEK 12	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Soup</b>	Carrot and coriander	Butternut squash	Leek and stilton	French onion	Tomato.
<b>Bread of the Day</b>	A selection of freshly baked bread and croutons	A selection of freshly baked bread and croutons	A selection of freshly baked bread and croutons	A selection of freshly baked bread and croutons	A selection of freshly baked bread and croutons
<b>Main</b>	Cumberland sausage, tomato chutney.	Chicken breast with red pepper and parsley crust.	Lamb moussaka, greek salata.	Chicken fajitas.	Fillet of fish, lemon and tartar sauce.
<b>Vegetarian</b>	Courgette and tomato with feta crumble.	Three cheese and spinach pinwheels.	Thai vegetable noodles with bok choi and tofu.	Quorn fajitas	Goats cheese and red onion tart.
<b>On the side</b>	Mustard mash. Carrots and french beans.	New potatoes. Broccoli spears.	Wholemeal pitta bread. Parmesan vine tomatoes	Tortilla chips. Guacamole. Sour cream. Tomato salsa.	Spicy fries. Pan fried courgettes.
<b>Jacket Bar</b>	Grated Cheddar, Baked Beans, Tuna	Grated Cheddar, Baked Beans, Tuna	Grated Cheddar, Baked Beans, Tuna	Grated Cheddar, Baked Beans, Tuna	Grated Cheddar, Baked Beans, Tuna
<b>Dessert</b>	Fruit pie and cream.	Rice pudding with a berry fruits compote.	Fruit smoothies.	Hot cross buns.	Strawberry shortcake.

Always available – Salad Bar – Plated Deli – Fresh Fruit Platter – Homemade Yoghurt with Toppings

# Lunch Menu

## Francis Holland

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
Bread of the Day	A selection of freshly baked bread and croutons	Bread A selection of freshly baked bread and croutons	A selection of freshly baked bread and croutons	A selection of freshly baked bread and croutons	A selection of freshly baked bread and croutons
Main Event					
Meat Free Zone					
And to go with...					
Jacket Bar	Grated Cheddar, Baked Beans, Tuna	Grated Cheddar, Baked Beans, Tuna	Grated Cheddar, Baked Beans, Tuna	Grated Cheddar, Baked Beans, Tuna	Grated Cheddar, Baked Beans, Tuna
Puddings					

Always available – Salad Bar – Plated Deli – Fresh Fruit Platter – Homemade Yoghurt with Toppings

# Lunch Menu

