

**FOI.12477 - Attachment 5**

**Lunch menu (week 1)**

Monday
<b>Starters (choose one)</b>
Orange Juice
Butternut squash soup
<b>Main course (choose one)</b>
Lamb casserole
Vegetable lasagne
<b>Potatoes/Rice/Side dishes</b>
Mashed potatoes
Boiled potatoes
<b>Vegetables</b>
Sliced carrots
Cabbage
<b>Salads</b>
Choose from Ham, Cheese, Chicken, Egg mayonnaise, Tuna mayonnaise, Smoked mackerel, Chicken tikka, falafel & hummus. (Salads are served with a choice from the potatoes of the day or a bread roll and butter)
<b>Sandwiches</b>
White or Wholemeal bread (Please specify) Fillings include: Ham, Cheese, Chicken and Mayonnaise, Egg mayonnaise, Tuna mayonnaise and Hummus
<b>Dessert (choose one)</b>
Chocolate chip sponge
Cheddar cheese and crackers
Fresh fruit of the day
Strawberry fruit yoghurt – Thick and creamy, Low fat and Low sugar
Vanilla yoghurt - Thick and creamy, Low fat and Low sugar
<b>Accompaniments</b>
Custard

Tuesday
<b>Starters (choose one)</b>
Orange Juice
Tomato soup
<b>Main course (choose one)</b>
Roast pork
Bean goulash
<b>Potatoes/Rice/Side dishes</b>
Mashed potatoes
Roast potatoes
Rice
<b>Vegetables</b>
Sliced carrots
Swede
<b>Extras</b>
Gravy
<b>Salads</b>
Choose from Ham, Cheese, Chicken, Egg mayonnaise, Tuna mayonnaise, Smoked mackerel, Chicken tikka, falafel & hummus. (Salads are served with a choice from the potatoes of the day or a bread roll and butter)
<b>Sandwiches</b>
White or Wholemeal bread (Please specify) Fillings include: Ham, Cheese, Chicken and Mayonnaise, Egg mayonnaise, Tuna mayonnaise and Hummus
<b>Dessert (choose one)</b>
Apple crumble
Cheddar cheese and crackers
Fresh fruit of the day
Strawberry fruit yoghurt – Thick and creamy, Low fat and Low sugar
Vanilla yoghurt - Thick and creamy, Low fat and Low sugar
<b>Accompaniments</b>
Custard

Wednesday
<b>Starters (choose one)</b>
Orange Juice
Cauliflower and apple soup
<b>Main course (choose one)</b>
Steak and mushroom pie
Quorn pasta bolognaise
<b>Potatoes/Rice/Side dishes</b>
Mashed potatoes
Boiled potatoes
<b>Vegetables</b>
Mixed vegetables
Sprouts
<b>Extras</b>
Gravy
<b>Salad</b>
Choose from Ham, Cheese, Chicken, Egg mayonnaise, Tuna mayonnaise, Smoked mackerel, Chicken tikka, falafel & hummus. (Salads are served with a choice from the potatoes of the day or a bread roll and butter)
<b>Sandwiches</b>
White or Wholemeal bread (Please specify) Fillings include: Ham, Cheese, Chicken and Mayonnaise, Egg mayonnaise, Tuna mayonnaise and Hummus
<b>Dessert (choose one)</b>
Rice pudding
Cheddar cheese and crackers
Fresh fruit of the day
Strawberry fruit yoghurt – Thick and creamy, Low fat and Low sugar
Vanilla yoghurt - Thick and creamy, Low fat and Low sugar

Thursday
<b>Starters (choose one)</b>
Orange Juice
Vegetable soup
<b>Main course (choose one)</b>
Roast Chicken and stuffing
Vegetable and bean crumble (VE)
<b>Potatoes/Rice/Side dishes</b>
Mashed potatoes
Roast potatoes
<b>Vegetables</b>
Sliced carrots
Cabbage
<b>Extras</b>
Gravy
<b>Salad</b>
Choose from Ham, Cheese, Chicken, Egg mayonnaise, Tuna mayonnaise, Smoked mackerel, Chicken tikka, falafel & hummus. (Salads are served with a choice from the potatoes of the day or a bread roll and butter)
<b>Sandwiches</b>
White or Wholemeal bread (Please specify) Fillings include: Ham, Cheese, Chicken and Mayonnaise, Egg mayonnaise, Tuna mayonnaise and Hummus
<b>Dessert (choose one)</b>
Lemon sponge
Cheddar cheese and crackers
Fresh fruit of the day
Strawberry fruit yoghurt – Thick and creamy, Low fat and Low sugar
Vanilla yoghurt - Thick and creamy, Low fat and Low sugar
<b>Accompaniments</b>
Custard

Friday
<b>Starters (choose one)</b>
Orange Juice
Mushroom soup
<b>Main course (choose one)</b>
Breaded cod
Cheese and potato pie
<b>Potatoes/Rice/Side dishes</b>
Mashed potatoes
Chips
<b>Vegetables</b>
Peas
Baked beans
<b>Salads</b>
Choose from Ham, Cheese, Chicken, Egg mayonnaise, Tuna mayonnaise, Smoked mackerel, Chicken tikka, falafel & hummus. (Salads are served with a choice from the potatoes of the day or a bread roll and butter)
<b>Sandwiches</b>
White or Wholemeal bread (Please specify) Fillings include: Ham, Cheese, Chicken and Mayonnaise, Egg mayonnaise, Tuna mayonnaise and Hummus
<b>Dessert (choose one)</b>
Sticky toffee pudding
Cheddar cheese and crackers
Fresh fruit of the day
Strawberry fruit yoghurt – Thick and creamy, Low fat and Low sugar
Vanilla yoghurt - Thick and creamy, Low fat and Low sugar
<b>Accompaniments</b>
Custard

Saturday
<b>Starters (choose one)</b>
Orange Juice VE
Leek and potato soup VE
<b>Main course (choose one)</b>
Lamb hotpot
Broccoli and cauliflower pasta bake (broccoli, cauliflower and pasta baked in a cheese sauce) VE
<b>Potatoes/Rice/Side dishes</b>
Mashed potatoes VE
Boiled potatoes VE
<b>Vegetables</b>
Green beans VE
Swede VE
<b>Salads</b>
Choose from Ham, Cheese, Chicken, Egg mayonnaise, Tuna mayonnaise, Smoked mackerel, Chicken tikka, falafel & hummus. (Salads are served with a choice from the potatoes of the day or a bread roll and butter)
<b>Sandwiches</b>
White or Wholemeal bread (Please specify) Fillings include: Ham, Cheese, Chicken and Mayonnaise, Egg mayonnaise, Tuna mayonnaise and Hummus
<b>Dessert (choose one)</b>
Bread & Butter pudding
Cheddar cheese and crackers
Fresh fruit of the day VE
Strawberry fruit yoghurt – Thick and creamy, Low fat and Low sugar
Vanilla yoghurt - Thick and creamy, Low fat and Low sugar
<b>Accompaniments</b>
Custard

Sunday
<b>Starters (choose one)</b>
Orange Juice
Tomato soup
<b>Main course (choose one)</b>
Roast beef with Yorkshire pudding
Quorn* cottage pie (meat free mince alternative)
<b>Potatoes/Rice/Side dishes</b>
Mashed potatoes
Roast potatoes
<b>Vegetables</b>
Carrot batons
Cabbage
<b>Extras</b>
Gravy
<b>Salads</b>
Choose from Ham, Cheese, Chicken, Egg mayonnaise, Tuna mayonnaise, Smoked mackerel, Chicken tikka, falafel & hummus. (Salads are served with a choice from the potatoes of the day or a bread roll and butter)
<b>Sandwiches</b>
White or Wholemeal bread (Please specify) Fillings include: Ham, Cheese, Chicken and Mayonnaise, Egg mayonnaise, Tuna mayonnaise and Hummus
<b>Dessert (choose one)</b>
Apple pie
Cheddar cheese and crackers
Fresh fruit of the day VE
Strawberry fruit yoghurt – Thick and creamy, Low fat and Low sugar
Vanilla yoghurt - Thick and creamy, Low fat and Low sugar

**Lunch menu (week 2)**

Monday
<b>Starters (choose one)</b>
Orange Juice
Carrot and coriander soup
<b>Main course (choose one)</b>
Chicken and ham pie
Cauliflower and broccoli cheese
<b>Potatoes/Rice/Side dishes</b>
Mashed potatoes
Boiled potatoes
<b>Vegetables</b>
Peas
Swede
<b>Salads</b>
Choose from Ham, Cheese, Chicken, Egg mayonnaise, Tuna mayonnaise, Smoked mackerel, Chicken tikka, falafel & hummus. (Salads are served with a choice from the potatoes of the day or a bread roll and butter)
<b>Sandwiches</b>
White or Wholemeal bread (Please specify) Fillings include: Ham, Cheese, Chicken and Mayonnaise, Egg mayonnaise, Tuna mayonnaise and Hummus
<b>Dessert (choose one)</b>
Jam sponge
Cheddar cheese and crackers
Fresh fruit of the day
Strawberry fruit yoghurt – Thick and creamy, Low fat and Low sugar
Vanilla yoghurt - Thick and creamy, Low fat and Low sugar
<b>Accompaniments</b>
Custard

Tuesday
<b>Starters (choose one)</b>
Orange Juice
Leek and potato soup
<b>Main course (choose one)</b>
Cottage pie
Quorn chilli
<b>Potatoes/Rice/Side dishes</b>
Rice
Mashed potatoes
Boiled potatoes
<b>Vegetables</b>
Mixed vegetable
Sprouts
<b>Extras</b>
Gravy
<b>Salads</b>
Choose from Ham, Cheese, Chicken, Egg mayonnaise, Tuna mayonnaise, Smoked mackerel, Chicken tikka, falafel & hummus. (Salads are served with a choice from the potatoes of the day or a bread roll and butter)
<b>Sandwiches</b>
White or Wholemeal bread (Please specify) Fillings include: Ham, Cheese, Chicken and Mayonnaise, Egg mayonnaise, Tuna mayonnaise and Hummus
<b>Dessert (choose one)</b>
Pear and chocolate crumble
Cheddar cheese and crackers
Fresh fruit of the day
Strawberry fruit yoghurt – Thick and creamy, Low fat and Low sugar
Vanilla yoghurt - Thick and creamy, Low fat and Low sugar
<b>Accompaniments</b>
Custard

Wednesday
<b>Starters (choose one)</b>
Orange Juice
Mushroom soup
<b>Main course (choose one)</b>
Roast pork
Cheese leek and potato hot pot
<b>Potatoes/Rice/Side dishes</b>
Mashed potatoes
Boiled potatoes
<b>Vegetables</b>
Carrots
Cabbage
<b>Extras</b>
Gravy
<b>Salad</b>
Choose from Ham, Cheese, Chicken, Egg mayonnaise, Tuna mayonnaise, Smoked mackerel, Chicken tikka, falafel & hummus. (Salads are served with a choice from the potatoes of the day or a bread roll and butter)
<b>Sandwiches</b>
White or Wholemeal bread (Please specify) Fillings include: Ham, Cheese, Chicken and Mayonnaise, Egg mayonnaise, Tuna mayonnaise and Hummus
<b>Dessert (choose one)</b>
Eve's pudding
Cheddar cheese and crackers
Fresh fruit of the day
Strawberry fruit yoghurt – Thick and creamy, Low fat and Low sugar
Vanilla yoghurt - Thick and creamy, Low fat and Low sugar
<b>Accompaniments</b>
Custard

Thursday
<b>Starters (choose one)</b>
Orange Juice
Tomato soup
<b>Main course (choose one)</b>
Beef casserole
Vegetable lasagne
<b>Potatoes/Rice/Side dishes</b>
Mashed potatoes
Boiled potatoes
<b>Vegetables</b>
Swede
Green beans
<b>Salad</b>
Choose from Ham, Cheese, Chicken, Egg mayonnaise, Tuna mayonnaise, Smoked mackerel, Chicken tikka, falafel & hummus. (Salads are served with a choice from the potatoes of the day or a bread roll and butter)
<b>Sandwiches</b>
White or Wholemeal bread (Please specify) Fillings include: Ham, Cheese, Chicken and Mayonnaise, Egg mayonnaise, Tuna mayonnaise and Hummus
<b>Dessert (choose one)</b>
Red fruit crumble
Cheddar cheese and crackers
Fresh fruit of the day
Strawberry fruit yoghurt – Thick and creamy, Low fat and Low sugar
Vanilla yoghurt - Thick and creamy, Low fat and Low sugar
<b>Accompaniments</b>
Custard

Friday
<b>Starters (choose one)</b>
Orange Juice
Vegetable soup
<b>Main course (choose one)</b>
Breaded cod
Cheese Omelette
<b>Potatoes/Rice/Side dishes</b>
Mashed potatoes
Chips
Side salad
<b>Vegetables</b>
Mushy peas
Baked beans
<b>Salads</b>
Choose from Ham, Cheese, Chicken, Egg mayonnaise, Tuna mayonnaise, Smoked mackerel, Chicken tikka, falafel & hummus. (Salads are served with a choice from the potatoes of the day or a bread roll and butter)
<b>Sandwiches</b>
White or Wholemeal bread (Please specify) Fillings include: Ham, Cheese, Chicken and Mayonnaise, Egg mayonnaise, Tuna mayonnaise and Hummus
<b>Dessert (choose one)</b>
Chocolate sponge
Cheddar cheese and crackers
Fresh fruit of the day
Strawberry fruit yoghurt – Thick and creamy, Low fat and Low sugar
Vanilla yoghurt - Thick and creamy, Low fat and Low sugar
<b>Accompaniments</b>
White sauce

Saturday
<b>Starters (choose one)</b>
Orange Juice VE
Pea and mint soup
<b>Main course (choose one)</b>
Faggots and gravy
Quorn Bolognese
<b>Potatoes/Rice/Side dishes</b>
Mashed potatoes VE
Boiled potatoes VE
<b>Vegetables</b>
Carrots
Green beans
<b>Extras</b>
Gravy
<b>Salads</b>
Choose from Ham, Cheese, Chicken, Egg mayonnaise, Tuna mayonnaise, Smoked mackerel, Chicken tikka, falafel & hummus. (Salads are served with a choice from the potatoes of the day or a bread roll and butter)
<b>Sandwiches</b>
White or Wholemeal bread (Please specify) Fillings include: Ham, Cheese, Chicken and Mayonnaise, Egg mayonnaise, Tuna mayonnaise and Hummus
<b>Dessert (choose one)</b>
Apple crumble
Cheddar cheese and crackers
Fresh fruit of the day VE
Strawberry fruit yoghurt – Thick and creamy, Low fat and Low sugar
Vanilla yoghurt - Thick and creamy, Low fat and Low sugar
<b>Accompaniments</b>

Sunday
<b>Starters (choose one)</b>
Orange Juice
Parsnip and rosemary soup
<b>Main course (choose one)</b>
Roast Turkey
Vegetarian nut roast
<b>Potatoes/Rice/Side dishes</b>
Mashed potatoes
Roast potatoes
<b>Vegetables</b>
Swede and carrot mix
Cabbage
<b>Extras</b>
Gravy
<b>Salads</b>
Choose from Ham, Cheese, Chicken, Egg mayonnaise, Tuna mayonnaise, Smoked mackerel, Chicken tikka, falafel & hummus. (Salads are served with a choice from the potatoes of the day or a bread roll and butter)
<b>Sandwiches</b>
White or Wholemeal bread (Please specify) Fillings include: Ham, Cheese, Chicken and Mayonnaise, Egg mayonnaise, Tuna mayonnaise and Hummus
<b>Dessert (choose one)</b>
Rice pudding
Cheddar cheese and crackers
Fresh fruit of the day VE
Strawberry fruit yoghurt – Thick and creamy, Low fat and Low sugar
Vanilla yoghurt - Thick and creamy, Low fat and Low sugar