



Lunch Menu – Concourse – Week 1 (01/09,22/09,13/10)

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Counter	Beef Chili with Nachos, Sour Cream Brown & White Rice	Chicken Coconut & Pineapple Curry	Korean BBQ Beef Topped Mac & Cheese with Crispy Onions	Katsu Chicken & Katsu Sauce With Jasmine Rice Coriander	Fish & Chips
Vegetarian	Vegan Bolognaise with Penne Pasta	Vegetable Gyros, Flat Bread & Yogurt Dressing	Sriracha Roasted Cauliflower Cucumber Spring Onion Taco	Mushroom & Spinach Gnocchi	Sweet Potato Bean Burger
Pasta	Tomato Or Cheese Sauce	Tomato or Cheese Sauce	Tomato or Cheese Sauce	Tomato or Cheese Sauce	Tomato or Cheese Sauce
Jacket Potato Half Sweet Potato	Baked Beans & Cheese	Baked Beans & Cheese	Baked Beans & Cheese	Baked Beans & Cheese	Baked Beans & Cheese
Vegetables	Roasted Carrots Sweetcorn	Green Beans Cauliflower	Broccoli Roast Courgettes	Steamed Leeks Sautéed Cabbage	Garden Peas Steamed Corn
Fresh Salads	Seasonal Salad Selection				
Fresh Fruit	A Selection of Whole Fruit, Banana, Apples, Oranges				
Sweet Selection	Cookie	Peaches served with Greek Yoghurt	Homemade Apple Crumble & Custard	Carrot Cake	Ice Cream Tub



Lunch Menu - Concourse- Week 2 (08/09,29/10)

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Counter	Beef Meatballs with Spaghetti	Buttermilk Chicken Burger on a Brioche Bun, Spicy Mayo & Steamed New Potatoes	Spiced Pork Sweet Potato Bean & Kale Stew	Hunters Stew with Creamed Mashed Potato	Urban Spicy Hotdog Chip Shop Chips
Vegetarian	Butternut Squash Chilli, Corn Taco, Coriander and Avocado	Spinach & Ricotta Lasagne	Tuscan Bean & Butternut Risotto	Thai, Quorn & Vegetable Curry	Chickpea Falafel Wrap With Beetroot Slaw & Mint Dressing
Pasta	Tomato or Cheese Sauce	Tomato or Cheese Sauce	Tomato or Cheese Sauce	Tomato or Cheese Sauce	Tomato or Cheese Sauce
Jacket Potato Half Sweet Potato	Baked Beans & Cheese	Baked Beans & Cheese	Baked Beans & Cheese	Baked Beans & Cheese	Baked Beans & Cheese
Vegetables	Cauliflower Green Beans	Roasted Courgettes. Steamed Corn	Broccoli Carrots	Steamed Corn Sautéed Cabbage	Baked Beans Garden Peas
Fresh Salads	Seasonal Salad Selection				
Fresh Fruit	A Selection of Whole fruit, Banana, Apples, Oranges				
Sweet Selection	Homemade Reduced Sugar Flapjack	Chocolate Sponge with Chocolate Custard	Homemade Reduced Sugar Banana Cake	Fruit Salad	Ice cream Tub



Lunch Menu – Concourse – Week 3 (15/09,06/10)

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Counter	Butter Chicken Pilau Rice	Beef Bolognese with Pasta & Garlic Bread	Spanish Chicken with Vegetable Paella	Indonesian Pork Saty with Sticky Pineapple Rice	Meat Pizza & Sweet Potato Fries
Vegetarian	Vegi Mince Lasagne	Spanish Omelette with Garlic Aioli, Potato Bravas	Matar Paneer	Goan Butternut Squash Chickpea & Tofu Curry	Margherita Pizza & Sweet Potato Fries
Pasta	Tomato or Cheese Sauce	Tomato or Cheese Sauce	Tomato or Cheese Sauce	Tomato Or Cheese Sauce	Tomato or Cheese Sauce
Jacket Potato Half Sweet Potato	Baked Beans & Cheese	Baked Beans & Cheese	Baked Beans & Cheese	Baked Beans & Cheese	Baked Beans & Cheese
Vegetables	Steamed Broccoli Steamed Corn	Steamed Green Beans Roast Carrots	Cauliflower Peas	Steamed Spinach Sauteed Courgettes	Baked Beans Garden Peas
Fresh Salads	Seasonal Salad Selection				
Fresh Fruit	A Selection of Whole Fruit: Banana, Apples, Oranges				
Sweet Selection	Reduced Sugar Chocolate Brownie	Apple Pie With Custard	Mandarins With Yoghurt	Sticky Toffee Pudding & Custard	Ice Cream Tubs