

## Lunch Menu –Concourse Autumn Term – Week 1 (31/08, /12/10)

|                                        | Monday                                                                                                                   | Tuesday                                    | Wednesday                                                                  | Thursday                                                | Friday                         |  |
|----------------------------------------|--------------------------------------------------------------------------------------------------------------------------|--------------------------------------------|----------------------------------------------------------------------------|---------------------------------------------------------|--------------------------------|--|
| <b>Main Counter</b>                    | Beef Meatballs with Spaghetti                                                                                            | Spanish Chicken Paella                     | Pulled Calabrian Chilli Pulled Pork Topped Mac & Cheese with Crispy Onions | Katsu Chicken & Katsu Sauce With Jasmine Rice Coriander | Cheeseburger with French Fries |  |
| <b>Vegetarian</b>                      | Vegan Bolognese with Spaghetti                                                                                           | Stir-fried Tofu Noodles with Yum Yum Sauce | Gnocchi With Kale & Sundried Tomatoes                                      | Jollof Quorn Pilau                                      | Vegi Hot Dog with French Fries |  |
| <b>Pasta</b>                           | Tomato Or Cheese Sauce                                                                                                   | Tomato or Cheese Sauce                     | Tomato or Cheese Sauce                                                     | Tomato or Cheese Sauce                                  | Tomato or Cheese Sauce         |  |
| <b>Jacket Potato Half Sweet Potato</b> | Baked Beans & Cheese                                                                                                     | Baked Beans & Cheese                       | Baked Beans & Cheese                                                       | Baked Beans & Cheese                                    | Baked Beans & Cheese           |  |
| <b>Vegetables</b>                      | Roasted Carrots Steamed Leeks                                                                                            | Cauliflower Sweetcorn                      | Broccoli Roast Courgettes                                                  | Sautéed Cabbage Corn on the Cob                         | Garden Peas Baked Beans        |  |
| <b>Fresh Salads</b>                    | Seasonal Salad Selection                                                                                                 |                                            |                                                                            |                                                         |                                |  |
| <b>Fresh Fruit</b>                     | A Selection of Cut Fruit, Pineapple, Cantaloupe Melon, Watermelon, Orange Segments, Whole Fruit, Banana, Apples, Oranges |                                            |                                                                            |                                                         |                                |  |
| <b>Cold Desserts</b>                   | Jelly, Raspberry or Strawberry, Yoghurt Pots. Cold Dessert of the Day                                                    |                                            |                                                                            |                                                         |                                |  |
| <b>Sweet Selection</b>                 | Old Fashion School Cake                                                                                                  | Cookie                                     | Homemade Apple Crumble & Custard                                           | Fruit salad                                             | Ice cream                      |  |
|                                        |                                                                                                                          |                                            |                                                                            |                                                         |                                |  |

## Lunch Menu –Concourse Autumn Term – Week 2 (07/09,28/09)

|                                        | Monday                                                                                                                     | Tuesday                                                     | Wednesday                             | Thursday                                  | Friday                                                        |  |
|----------------------------------------|----------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|---------------------------------------|-------------------------------------------|---------------------------------------------------------------|--|
| <b>Main Counter</b>                    | Venison Spaghetti Bolognese                                                                                                | Greek Pork Gyros<br>Greek Salad, Pitta Bread & Chilli Sauce | Chicken & Pesto Patsa Bake            | Turkey Chilli Con Carne with Steamed Rice | Breaded Fish & Chip Shop Chips With Tartar Sauce, Lemon wedge |  |
| <b>Vegetarian</b>                      | Chickpea Falafel Wrap With Beetroot Slaw & Mint Dressing                                                                   | Bean & Vegetable Chilli with Sour cream & Nachos            | Marrakesh Vegetable Curry with Rice   | Spinach & Ricotta Lasagne                 | Malaysian Pumpkin Curry with Coconut Rice                     |  |
| <b>Pasta</b>                           | Tomato or Cheese Sauce                                                                                                     | Tomato or Cheese Sauce                                      | Tomato or Cheese Sauce                | Tomato or Cheese Sauce                    | Tomato or Cheese Sauce                                        |  |
| <b>Jacket Potato Half Sweet Potato</b> | Baked Beans & Cheese                                                                                                       | Baked Beans & Cheese                                        | Baked Beans & Cheese                  | Baked Beans & Cheese                      | Baked Beans & Cheese                                          |  |
| <b>Vegetables</b>                      | Cauliflower Green Beans                                                                                                    | Roasted Courgettes. Steamed Corn                            | Broccoli Carrots                      | Steamed Corn Sautéed Cabbage              | Baked Beans Garden Peas                                       |  |
| <b>Fresh Salads</b>                    | Seasonal Salad Selection                                                                                                   |                                                             |                                       |                                           |                                                               |  |
| <b>Fresh Fruit</b>                     | A Selection of Cut Fruit, Pineapple, Cantaloupe Melon, Watermelon, Orange Segments<br>Whole fruit, Banana, Apples, Oranges |                                                             |                                       |                                           |                                                               |  |
| <b>Cold Desserts</b>                   | Jelly, Raspberry or Strawberry, Yoghurt Pots, Cold Dessert of the Day                                                      |                                                             |                                       |                                           |                                                               |  |
| <b>Sweet Selection</b>                 | Peaches & Yoghurt                                                                                                          | Reduced Sugar Flapjack                                      | Chocolate Sponge with Chocolate Sauce | Homemade Reduced Sugar Banana Cake        | Ice cream                                                     |  |

## Lunch Menu –Concourse Autumn Term – Week 3 (14/09,05/10)

|                                       | Monday                                                                                                                     | Tuesday                                      | Wednesday                                    | Thursday                                         | Friday                                      |  |
|---------------------------------------|----------------------------------------------------------------------------------------------------------------------------|----------------------------------------------|----------------------------------------------|--------------------------------------------------|---------------------------------------------|--|
| Main Counter                          | Southern Fried<br>Chicken Goujon Wrap<br>Spicy Mayo &<br>Steamed New<br>Potatoes                                           | Beef Bolognaise with<br>Pasta & Garlic Bread | Chicken Shawarma<br>Lemon Rice Flat<br>Bread | African Beef Curry<br>with Brown & White<br>Rice | Texan Meat Pizza<br>&<br>Curly Fries        |  |
| Vegetarian                            | Sweet Potato Mac &<br>Cheese                                                                                               | NF Pesto Pasta Bake                          | Smoky Aubergine<br>Chilli Brown Rice         | Mushroom &<br>Parmesan Risotto                   | Veggie Supreme<br>Pizza<br>&<br>Curly Fries |  |
| Pasta                                 | Tomato<br>or<br>Cheese Sauce                                                                                               | Tomato<br>or<br>Cheese Sauce                 | Tomato<br>or<br>Cheese Sauce                 | Tomato<br>Or<br>Cheese Sauce                     | Tomato<br>or<br>Cheese Sauce                |  |
| Jacket Potato<br>Half Sweet<br>Potato | Baked Beans<br>& Cheese                                                                                                    | Baked Beans<br>& Cheese                      | Baked Beans<br>& Cheese                      | Baked Beans<br>& Cheese                          | Baked Beans<br>& Cheese                     |  |
| Vegetables                            | Steamed Broccoli<br>Steamed Corn                                                                                           | Steamed Green<br>Beans<br>Roast Carrots      | Leeks<br>Sautéed Cabbage                     | Cauliflower<br>Sauteed Courgettes                | Baked Beans<br>Garden Peas                  |  |
| Fresh Salads                          | Seasonal Salad Selection                                                                                                   |                                              |                                              |                                                  |                                             |  |
| Fresh Fruit                           | A Selection of Cut Fruit, Pineapple, Cantaloupe Melon, Watermelon, Orange Segments<br>Whole Fruit: Banana, Apples, Oranges |                                              |                                              |                                                  |                                             |  |
| Cold Desserts                         | Jelly, Raspberry or Strawberry, Yoghurt Pots, Cold Dessert of the Day                                                      |                                              |                                              |                                                  |                                             |  |
| Sweet Selection                       | Mandarin's With<br>Yoghurt                                                                                                 | Carrot Cake                                  | Apple Pie With<br>Custard                    | Oat & Raisin Cookie                              | Ice cream                                   |  |