

# MAKE

## GOOD CHOICES.

### LUNCH MENU WEEK ONE- AUTUMN WINTER

(Ve) vegan option

	Green Earth Monday	Tuesday	Wednesday	Thursday	Friday
<b>STAR DISH</b>	Garlic Mushroom Mac 'n' Cheese, Crispy Onions	Homemade Beef & Vegetable Pastry Pie	Traditional Pork Sausage Toad in the Hole & Onion Gravy	Smoky BBQ Chicken & Vegetable Burrito	Sustainably Sourced Battered Fish & Chips
<b>MEAT FREE</b>	Smoky Mexican Five Bean Tart	Butternut Squash & Cauliflower Curry with Rice (ve)	Cheese & Onion Puff Pastry Roll & Oven Baked Wedges	All Day Breakfast Quorn Sausage Burrito (ve)	Cheese & Tomato Pizza & Chips
	Broccoli, Sweetcorn, Baked Beans, Coleslaw Salad	Mashed Potato, Rice, Mixed Vegetables, Baked Beans	Thyme Roasted Potatoes, Carrots & Cauliflower, Baked Beans	Potato Wedges, Green Beans, Baked Beans,	Peas, Baked Beans
<b>HOT PUDDS</b>	Dessert of the Day	Dessert of the Day	Dessert of the Day	Dessert of the Day	Dessert of the Day

#### AVAILABLE DAILY

Filled Baked Potatoes, Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps,  
Fresh Salads.

Fresh Fruit Salad, Hot & Cold Drinks

# MAKE

## LUNCH MENU WEEK TWO - AUTUMN WINTER

(Ve) vegan option

	Green Earth Monday	Tuesday	Wednesday	Thursday	Friday
<b>STAR DISH</b>	Homemade Macaroni Cheese with Crispy Fried Onions	Chinese Style Chicken Meatballs & Rice	Roast Gammon with Gravy	Caribbean Jerk Chicken with Rice & Peas	Sustainably Sourced Battered Fish & Chips
<b>MEAT FREE</b>	Homemade Plant-Based Cottage Pie	Buffalo Coated Roast Cauliflower Tortilla with Pickled Red Cabbage Slaw	Mexican Vegetable Tostada with Spicy Mixed Peppers, Tomatoes & Beans	Cheese & Onion Puff Pastry Roll & Oven Baked Wedges	Cheese & Tomato Pizza & Chips
	Peas, Roasted Cumin Carrots, Baked Beans,	Green Beans, Sweetcorn, Baked Beans,	Thyme Roasted Potatoes, Savoy Cabbage, Carrots, Baked Beans,	Sweetcorn, Garden Peas, Baked Beans,	Peas, Baked Beans
<b>HOT PUDDS</b>	Dessert of the Day	Dessert of the Day	Dessert of the Day	Dessert of the Day	Dessert of the Day

### AVAILABLE DAILY

Filled Baked Potatoes, Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps, Fresh Salads.

Fresh Fruit Salad, Hot & Cold Drinks

## LUNCH MENU WEEK THREE - AUTUMN WINTER

(Ve) vegan option

# MAKE

	Green Earth Monday	Tuesday	Wednesday	Thursday	Friday
STAR DISH	Indian Spiced Butternut Squash, Aubergine & Chickpea Dhansak Curry & Rice (ve)	Piri Piri Chicken & Sweetcorn Meatballs & Rice	Beef & Root Vegetable Mince & Gravy, Yorkshire Pudding	Sticky Hoi Sin Chicken with Edamame Beans & Rice	Sustainably Sourced Battered Fish & Chips
MEAT FREE	Homemade Cheese, Potato & Onion Pie	Italian Style Quorn Bolognese with Penne Pasta	Quorn & Root Vegetable Mince & Gravy, Yorkshire Pudding	Indian Spiced Onion Bhaji Burger (ve)	Cheese & Tomato Pizza & Chips
	Cajun Wedges Mixed Vegetables, Baked Beans	Carrot & Swede, Green Beans, Baked Beans	Thyme Roasted Potatoes, Carrots, Peas, Baked Beans	Carrots, Cauliflower, Baked Skin on Wedges, Baked Beans,	Chips Mushy Peas, Peas Baked Beans,
HOT PUDDS	Dessert of the Day	Dessert of the Day	Dessert of the Day	Dessert of the Day	Dessert of the Day

## AVAILABLE DAILY

Filled Baked Potatoes, Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps, Fresh Salads.

Fresh Fruit Salad, Hot & Cold Drinks