

Lunch



PROUDLY FOUNDED BY
 **LODESTONE
HOUSE**

Week One

Monday

Mains

Japanese Fried Chicken
Stir fried Vegetable Noodles with Yum
Yum Sauce

Noodles
Rice Noodles
Broccoli
Oven Roasted Vegetables

Salads

Persian Potato Salad, Crispy Chickpeas
Mixed Leaf Salad
Tuscan Bean Salad
Tomato Salad
Slaw
Cucumber Salad
Carrot Stick pots

Lemon & Coconut Cake
Raspberry Jelly

Tuesday

Roast Gammon
Roasted Vegetable Quiche

Roast Potatoes
Peas/carrots
Oven Roasted Vegetables
Gravy

Roasted Butternut Squash & Chickpea
Salad with Sun-Dried Tomatoes & Feta

Green Lentil Lemon Rocket & Heritage
Tomato Salad

Spiced Aubergine with Roasted Onions
Chilli & Mint

Lemon Meringue Pot
Strawberry Jelly

Wednesday

Mexican Beef Meatballs
Pork Meatballs
Mexican Buddha Bowl

Pasta
Gluten Free Pasta
Sweetcorn
Oven Roasted Vegetables
Sour Cream
Guacamole

Italian Pasta Salad
Green Bean Salad
Mixed Leaf Salad
Beetroot Salad
Coleslaw
Tomato Salad

Iced Carrot Sponge Cake
Lime Jelly

Thursday

Coconut & Cardamom Chicken Thigh
Quorn Jollof Pilau

Rice
Corn on Cob
Oven Roasted Vegetables

Greek Salad
Lentil, Chargrilled Aubergine & Tomato
Salad
Butterbeans with Sweet Chilli Sauce
and Fresh Herbs

Mango & Honey Pot
Yoghurt Pot

Friday

Breaded Fish
Gluten Free Battered Fish
Fish Fingers
Lemons, Ketchup, Mayonnaise

Garden Peas
Mushy Peas
Baked Beans

Chips

Pesto Pasta Salad
Cucumber Sticks
Tomato Salad
Coleslaw
Beetroot Salad
Sweetcorn Salad

Ice cream pots
Seasonal Fruit Salad

Daily Options

Soup of the Day

Freshly Made Soup with bread & croutons

Baked Potato Bar

Baked Jacket Potato with a selection of fillings

Salad Bar

Selection of Freshly made, Sustainable Composite
salads

Dessert Bar

Dessert Pots, Selection of Fresh Fruit.

Menu Start & Run Date Goes Here

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Week Two

Monday

Mains

Beef Chili Taco
Vegetable & Bean Chili Taco
Nachos

Sides

Rice
Sweetcorn
Autumn Roasted Vegetables
Sour Cream
Guacamole

Salads

Coronation Potato Salad
Coleslaw
Minted Cous Cous Pea & Spring Onion
Salad
Tomato Salad
Mixed Bean Salad
Cucumber & Mint Salad
Beetroot Salad

Desserts

Banana & Chocolate Sponge
Raspberry Jelly

Tuesday

Sweet Chilli Chicken
Sweet Chilli Vegetables
Mushroom Tinga

Green Beans
Buffalo Fried Cauliflower
Noodles
Rice Noodles
Prawn Crackers

Caraway Roasted Carrot Beetroot
Chickpeas & Honey Salad
Herb Cous Cous with Radishes Olives &
Baby Spinach
Pickled Cucumber Salad
Tomato Salad
Mixed Leaf Salad
Carrot Stick pots

Cargilfield Shortbread Biscuits
Strawberry Jelly

Wednesday

Beef Lasagne
Vegetable Lasagne
Beef Bolognaise
Cheesy Pesto Pasta

Broccoli
Autumn Roasted Vegetables
Gluten Free Pasta
Pasta
Garlic Bread

Bulgur Wheat & Balsamic Beets
Coleslaw
Pesto Pasta Salad
Savoury Rice Salad
Tomato Salad
Sweetcorn Salad
Cucumber Salad

Raspberry & Peach Traybake
Lime Jelly

Thursday

Honey Chicken Tagine
Quorn & Vegetable Shawarma

Sweetcorn
Oven Roasted Vegetables
Rice

Feta Salad
Beetroot Salad
Mixed Bean Salad
Tomato Salad
Mixed Pepper Salad
Cucumber Sticks
Coleslaw

Flapjack
Tri Colour Jelly

Friday

Breaded Fish
Gluten Free Battered Fish
Fish Fingers

Garden Peas
Mushy Peas
Baked Beans

Chips
Lemon Wedges, Ketchup, Mayonnaise

Mixed Bean Salad
Tomato Salad
Cucumber Pot
Carrot Sticks
Beetroot Salad
Pasta & Sundried tomato Salad
Mixed Leaf Salad
Mixed Peppers

Ice Cream Pots
Strawberry Jelly

Daily Options

Soup of the day

Freshly made soup with bread & croutons

Baked Potato Bar

Baked Jacket Potato with a selection of fillings

Salad Bar

Selection of Freshly made, Sustainable Composite
Salad, & Proteins.

Dessert Bar

Dessert Pots, Selection of Fresh Fruit.

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Week Three

Monday

Sausage Casserole
Vegetarian Sausage Casserole
Yorkshire Pudding

Mashed Potato
Gravy
Green Beans
Roasted Vegetables

Potato & Chive Salad
Slaw
Mixed Leaf Salad
Beetroot salad
Mixed Pepper Salad
Tomato Salad
Sweetcorn Salad
Cucumber Salad

Honey Cake
Raspberry Jelly

Tuesday

Pork Filled Peppers
Pesto Chicken Caprese
Gnocchi with Kale & Sun-dried
Tomatoes

Broccoli
Autumn Roasted Vegetables
New Potatoes with Garlic & Rosemary

Roasted Butternut Squash & Chickpea
Salad with Sun-Dried Tomatoes & Feta
Green Lentil Lemon Rocket & Heritage
Tomato Salad
Mixed Pepper & Radish Salad
Coleslaw
Tomato Salad
Mixed Leaf Salad

Mixed Fruit Cheesecake
Strawberry Jelly

Wednesday

Four Cheese Ravioli with tomato Sauce
Cheesy Pesto Pasta Salad
Tomato Sauce

Sweetcorn
Oven Roasted Autumn Vegetables
Wholemeal Pasta
Gluten Free Pasta
Garlic Bread

Mozzarella Salad
Coleslaw
Tomato Salad
Mixed Leaf Salad
Cucumber Salad
Beetroot Salad
Rice Salad

Chocolate Brownie
Orange Jelly

Thursday

Katsu Chicken Chicken Curry
Spinach, Mixed Bean Vegetable Curry
Vegetable Dal

Rice
Garden Peas
Oven Roasted Vegetables

Greek Salad
Carrot Sticks
Tomato Salad
Cucumber Salad
Mixed Bean Salad
Pesto Salad
Mixed Leaf
Peppers & Radish Salad

Sticky Toffee Pudding
Mango & Berries Meringue Pot

Friday

Breaded Fish
Gluten Free Battered Fish
Fish Fingers
Jumbo Battered Sausage
Tofu Katsu Bites

Garden Peas
Baked Beans
Mushy Peas
Chips
Lemon Wedges, Ketchup, Mayonnaise

Pesto Pasta Salad
Cucumber Pot
Tomato Salad
Cucumber Sticks
Coleslaw
Mixed Leaf Salad
Beetroot Salad
Sweetcorn Salad
Mixed Pepper Salad

Ice Cream Pot
Selection of fruit salad

Soup of the day

Freshly Made Soup with bread & croutons

Baked Potato Bar

Baked Jacket Potato with a selection of fillings

Salad Bar

Selection of Freshly made, Sustainable Composite
Salads & Variety of Proteins.

Dessert Bar

Dessert Pots & selection of Fresh Fruit.

Menu Start & Run Date Goes Here