



## Lunch Menu – Autumn Term – Week 1 (04/11,25/11) Concourse café

|                                 | Monday   | Tuesday   | Wednesday  | Thursday  | Friday                                |  |
|---------------------------------|--|---|--|---|---------------------------------------|--|
| Main Counter                    | Korean Chicken Topped Mac & Cheese   | Cottage Pie Topped with Mashed Potato                   | Tuscan Slow Braised Pork & Bean Stew with Sautéed Potatoes | Katsu Chicken & Katsu Sauce With Jasmine Rice Coriander | Sausages with Chip Shop Chips         |  |
| Vegetarian                      | Vegan Bolognese with Penne Pasta   | Cheese, Leek & Potato Shortcrust Pastry Pie Mash Potato | Vegetable Lasagne Rocket Salad                             | Katsu Cauliflower With Jasmine Rice                     | Mushroom Stroganoff with Steamed Rice |  |
| Pasta                           | Tomato Sauce   | Tomato Sauce  | Tomato Sauce   | Tomato Sauce  | Tomato 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  | Steamed Cauliflower Garden Peas                         | Broccoli Roast Courgettes                                  | Steamed Leeks Sautéed Cabbage                           | Garden Peas Steamed Corn              |  |
| Fresh Salads                    | Seasonal Salad Selection   |   |  |   |                                       |  |
| Fresh Fruit                     | A Selection of Cut Fruit, Pineapple, Cantaloupe Melon, Watermelon, Orange Segments, Whole Fruit, Banana, Apples, Oranges |   |  |   |                                       |  |
| Sweet Selection                 | Cookie   | Peaches served with Greek Yoghurt                       | Homemade Reduced Lemon Drizzle                             | Homemade Apple Crumble & Custard                        | Orange Polenta Cake                   |  |



## Lunch Menu - Autumn Term – Week 2 (11/11,02/12) Concourse café

|                                    | Monday   | Tuesday   | Wednesday   | Thursday                            | Friday  |  |
|------------------------------------|--|---|---|-------------------------------------|---|--|
| Main Counter                       | Cumberland Sausage Ring with Mashed Potato & Onion Gravy   | Cheeseburger with French Fries                    | Buttermilk Chicken Burger on a Brioche Bun, Spicy Mayo & Steamed New Potatoes | Beef Lasagne                        | Fish Fingers<br>Chip Shop Chips                                   |  |
| Vegetarian                         | Caribbean Vegetable Coconut Curry with Steamed Rice  | Vegetable Paella with Garlic Aioli & Crusty Bread | Mushroom & Spinach Gnocchi  | Courgette & Parmesan Risotto        | Plant Based Meatless Balls in a Basil Tomato Sauce with Spaghetti |  |
| Pasta                              | Tomato Sauce   | Tomato Sauce                                      | Tomato Sauce  | Tomato Sauce                        | Tomato Sauce  |  |
| Jacket Potato<br>Half Sweet Potato | Baked Beans & Cheese   | Baked Beans & Cheese                              | Baked Beans & Cheese  | Baked Beans & Cheese                | Baked Beans & Cheese  |  |
| Vegetables                         | Minted Peas<br>Cauliflower   | Sweetcorn<br>Baked Beans                          | Broccoli<br>Sautéed Cabbage   | Steamed Corn<br>Roasted 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 |   |   |                                     |   |  |
| Sweet Selection                    | Homemade Reduced Sugar Flapjack  | Rhubarb & Apple Crumble with Custard              | Homemade Reduced Sugar Banana Cake  | Mandarins with Cherry Yoghurt       | Chocolate Sponge with Chocolate Custard                           |  |



## Lunch Menu – Autumn Term – Week 3 (18/11,09/12) Concourse café

|                                       | Monday   | Tuesday   | Wednesday  | Thursday   | Friday  | Saturday |
|---------------------------------------|--|---|--|--|---|----------|
| Main Counter                          | Shepherd's Pie<br>Topped with Cheese<br>Mashed Potato  | Roast Chicken<br>Thighs, Roast<br>Potatoes & Gravy      | Chicken Tikka<br>Masala<br>Pilau Rice<br>Naan Bread,<br>pauperdoms, Mango<br>Chutney & Riata | BBQ Beef Brisket<br>Topped Mac & Cheese                                  | Pepperoni Pizza<br>&<br>French Fries              |          |
| Vegetarian                            | Vegi Mince Lasagne   | Spanish Omelette<br>with Garlic Aioli,<br>Potato Bravas | Matar Paneer   | Sweet Potato & Lentil<br>Tagine with Herb<br>Cous Cous and Flat<br>Bread | Margherita Pizza<br>&<br>French 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   | Braise Red Cabbage<br>Steamed Carrots                   | Sagg Aloo<br><br>Potato & Lentil Curry   | Steamed Corn<br>Cauliflower  | 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 |   |  |  |   |          |
| Sweet Selection                       | Reduced Sugar<br>Chocolate Brownie   | Jam Sponge with<br>Custard                              | Cardamom & Orange<br>Rice Pudding  | Apple Pie With<br>Custard  | Steamed Ginger and<br>Pineapple Sponge<br>Pudding |          |