

LUNCH

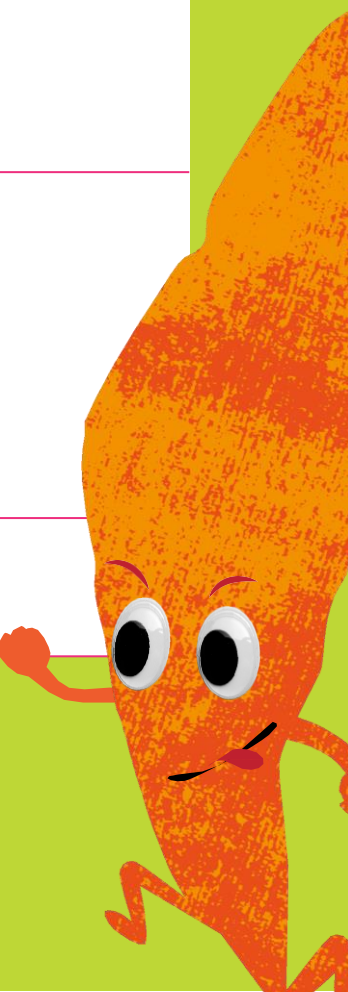
Week 1



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Matar Paneer with Turmeric Rice Soft paneer cheese cubes and green peas cooked in a spiced tomato gravy, served with turmeric rice.	Tadka Dahl with Braised Rice VE Yellow lentils gently cooked with onions, garlic, and tomatoes, creating a creamy, comforting and wholesome curry.	Tikka Masala VE Creamy tomato curry with tender protein pieces, onions and peppers, gently cooked for a rich, comforting flavour.	Dhansak Curry with Pilau Rice VE A traditional Parsi-style curry made with lentils and vegetables, served with fragrant pilau rice.	Rajma Curry with Rice VE A North Indian kidney bean curry with slow stewed tomato & garlic served with rice.
MAIN 2	Veggie Bolognese with Spaghetti  Hearty vegetable bolognese with Eat Curious protein mince, rich tomato sauce & aromatic herbs	Three Bean Chilli with Rice VE A protein-packed vegan chilli featuring a trio of beans, served with rice.	Roasted Vegetable Lasagne  A comforting lasagne layered with roasted vegetables, rich tomato sauce, creamy béchamel, and melted cheese.	Plant Based Sausage & Mash  Hearty veggie sausages served with creamy mashed potatoes, topped with rich, comforting gravy	Cheese & Tomato Pizza A classic Margherita-style pizza with rich tomato sauce and melted cheese served with chips
VEG	Broccoli VE	Green Beans VE	Garlic Autumn Greens VE	Roasted Corn VE	Peas or Baked Beans VE
3RD OPTION	Jacket Potato	Pasta	Pasta	Jacket Potato	Pasta
DESSERT	Cococaramel Mousse  A light and fluffy chocolate and caramel dessert.	Pear & Ginger Cake VE  A soft, moist, and fluffy baked cake.	Autumn Crumble & Custard  Seasonal fruit topped with golden crumb served with custard.	Lemon Drizzle Flapjack  A chewy, golden-baked oat bar sweetened with syrup.	Ice Cream A cool and creamy vanilla treat
AVAILABLE DAILY: A selection of fresh seasonal salads. Third option includes vegan and vegetarian items.					

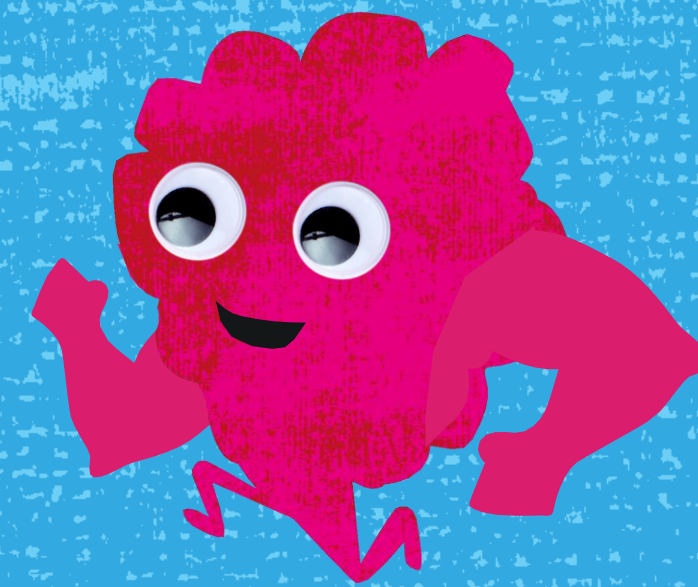
MENU KEY  **Vegan and Planet Friendly**

w/c – 24/08, 14/09, 05/10, 16/11, 07/12, 18/01, 08/02



LUNCH

Week 2



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Chole (Chana Masala)  Tender chickpeas simmered in a rich tomato and onion gravy, infused with aromatic Indian spices and herbs.	Spinach Paneer  Soft paneer cooked in a creamy spinach sauce, infused with aromatic spices for a rich, comforting vegetarian curry.	Saag Aloo VE  Tender potatoes cooked with fresh spinach and garlic, creating a hearty, wholesome and comforting vegetarian curry.	Yellow Dahl Curry with Braised Rice  A comforting yellow dahl curry, slow-cooked with aromatic spices, creating a rich, creamy, flavourful Indian classic.	Aloo Gobi with Rice A classic North Indian dry curry of spiced cauliflower and potatoes served with rice.
MAIN 2	Loaded Butternut Mac 'n' Cheese Rich macaroni and cheese enhanced with the natural sweetness of roasted butternut squash.	Smoky Corn Polenta, Roasted Squash and Corn  Smoky Polenta topped with Roasted squash pieces & corn.	Root Vegetable & Bean Pie  Hearty root vegetables and beans wrapped in golden pastry served with Gravy.	Italian Marinara Pasta VE Tender pasta tossed in a simple, herb-rich tomato marinara sauce with plant based meatballs.	Southern Fried Nuggets & Chips VE Crispy vegan Quorn dippers served with a fresh Asian-style slaw topped with salsa and baked tortilla croutons.
VEG	Sweetcorn VE	Peas VE	Roasted Carrots VE	Crispy Broccoli VE	Peas or Baked Beans VE
3RD OPTION	Pasta	Jacket Potato	Pasta	Jacket Potato	Pasta
DESSERT	Lemon & Oat Cookie A twist on the traditional crumbly shortbread biscuit.	Pear Upside Down Pudding VE A soft, moist, and fluffy baked cake.	Apple Flapjack Crumble An oaty topped Apple Crumble served with Custard.	Fruit Jelly VE A light and fruity gelatin-free vegan dessert.	Shortbread VE A light & crumbly biscuit.
AVAILABLE DAILY: A selection of fresh seasonal salads. Third option includes vegan and vegetarian items.					

MENU KEY

 **Vegan and Planet Friendly**

w/c – 31/08, 21/09, 12/10, 02/11, 23/11, 14/12, 04/01, 25/01, 15/02



LUNCH

Week 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Tadka Dahl VE Yellow lentils gently cooked with onions, garlic, and tomatoes, creating a creamy, comforting and wholesome curry.	Tikka Masala VE Creamy tomato curry with tender protein pieces, onions and peppers, gently cooked for a rich, comforting flavour. NEW	Matar Paneer with Turmeric Rice Soft paneer cheese cubes and green peas cooked in a spiced tomato gravy, served with turmeric rice.	Dahl Makhani NEW Creamy black lentil curry slow cooked with tomatoes, butter, and aromatic ingredients for a rich, comforting flavour.	Mushroom Matar NEW Tender mushrooms and green peas cooked in a rich tomato gravy, creating a wholesome and flavourful vegetarian dish.
MAIN 2	Veggie Burger NEW Juicy plant-based veggie burger served in a soft bun.	Hot Vegetable Wrap NEW Vegetable wrap filled with roasted seasonal vegetables served with Wedges	Quorn Sausage & Stuffing Wellington VE NEW Quorn sausages and savoury stuffing wrapped in golden flaky pastry, baked until crisp served with Skin on Roasties	Veggie Katsu Curry NEW Crispy veggie katsu and Eat Curious protein pieces served with noodles and a rich, savoury Japanese-style curry sauce.	Cheese & Tomato Pizza A classic Margherita-style pizza with rich tomato sauce and melted cheese served with chips.
VEG	Peas & Sweetcorn VE/Tomato Pasta Salad	BBQ Beans	Savoy Cabbage & Carrots VE	Garlic Roasted Broccoli VE	Carrots & Peas or Baked Beans VE
3RD OPTION	Pasta	Jacket Potato	Pasta	Jacket Potato	Pasta
DESSERT	Choco Swirl Shortbread VE NEW A light & crumbly Chocolate & Vanilla biscuit.	Coconut & Lime Cake VE NEW A soft, moist, and fluffy baked cake.	Autumn Fruit Sponge NEW Seasonal fruit sponge served with custard.	Apple & Cinnamon Pinwheel VE NEW Apple cinnamon pinwheels with a sweet, flaky crunch.	Ice Cream A cool and creamy vanilla treat.
AVAILABLE DAILY: A selection of fresh seasonal salads. Third option includes vegan and vegetarian items.					

MENU KEY



w/c - 07/09, 28/09, 09/11,
30/11, 11/01, 01/02,

