



# Spring Lunch Menu

January to March

Week One



## Monday

### Mains

Wow butter katsu chicken  
Sweet potato katsu (V)

### Sides

Coconut rice  
Prawn crackers  
Carrots  
Green beans

### Desserts

White chocolate & raspberry  
blondie  
Custard

## Tuesday

### Mains

Roast pork loin  
Lentil roast (V)

### Sides

Roast potatoes  
Gravy  
Apple sauce  
Peas  
Cauliflower cheese

### Desserts

Chocolate fudge brownie  
Cream

## Wednesday

### Mains

Chicken, gammon & vegetables  
pie  
Quorn & vegetables pie (V)

### Sides

Mashed potatoes  
Savoy cabbage  
Carrots  
Gravy

### Desserts

Apple crumble  
Custard

## Thursday

### Mains

Beef meatballs in tomato sauce  
Meatless meatballs in tomato  
sauce (V)

### Sides

Pasta  
Roasted vegetables  
Sweetcorn  
Garlic bread

### Dessert

Sticky toffee pudding  
Toffee sauce  
Fruit smoothie

## Friday

### Mains

Fish fingers  
Battered fish  
Blackeyed bean burger (V)

### Sides

Chips  
Peas  
Mushy peas  
Baked beans  
Tartare sauce  
Lemons

### Desserts

Rice pudding  
Strawberry jam



## Daily Specials

Selection of freshly made soups, home-baked bread and jacket potatoes with a choice of toppings.

## Pasta Bar

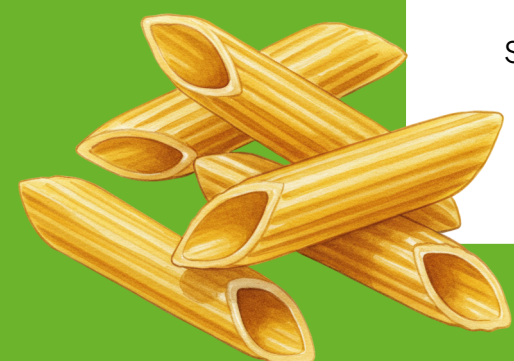
Wholemeal pasta, & tomato sauce

## Salads

Selection of freshly made, sustainable composite salads and variety of raw vegetables, grains, and proteins.

## Chilled Desserts

Dessert pots, yoghurts or jelly pots  
selection of fresh fruit.



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# Spring Lunch Menu

January to March

Week Two

## Monday

### Mains

Pepperoni pizza  
Margherita pizza (V)

### Sides

Cajun fries  
Green Beans  
Sweetcorn  
Tomato ketchup

### Desserts

Cornflake tart

## Tuesday

### Mains

Roasted chicken  
Spiced sweet potato & chickpea  
roast (V)

### Sides

Roasted potatoes  
Yorkshire pudding  
Gravy  
Carrots  
Cabbage & kale

### Desserts

Sweet waffles  
Whipped cream  
Chocolate sauce

## Wednesday

### Mains

Pork sausages  
Vegetarian sausages (V)

### Sides

Mash potatoes  
Onion gravy  
Broccoli  
Roasted vegetables

### Desserts

Apple & blackberry crumble  
Custard

## Thursday

### Mains

Pork chow mein  
Vegetables chow mein (V)

### Sides

Mini spring rolls  
Prawn crackers  
Cabbage

### Dessert

Orange & choc. chip shortbread

## Friday

### Mains

Fish fingers  
Battered fish  
Mediterranean roasted fish fillet  
Sweet potato bean burger (V)

### Sides

Chips  
Peas  
Baked beans  
Lemons  
Tartare sauce

### Desserts

Chocolate steamed pudding  
Chocolate sauce



## Daily Specials

Selection of freshly made soups, home-baked bread and jacket potatoes with a choice of toppings.

## Pasta Bar

Wholemeal pasta, tomato sauce

## Salads

Selection of freshly made, sustainable composite salads and variety of raw vegetables, grains, and proteins.

## Chilled Desserts

Dessert pots, yoghurts o jelly pots, selection of fresh fruit.



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# Spring Lunch Menu

January to March



## Week Three

### Monday

#### Mains

Chicken madras  
Chana masala potato curry (V)

#### Sides

Rice  
Poppadum  
Chota naan bread  
Sweetcorn  
Green beans  
Mango chutney  
Indian yoghurt sauce

#### Desserts

Lemon syrup sponge  
Lemon meringue pot  
Custard

### Tuesday

#### Mains

Roasted honey glazed gammon  
Lentil roast (V)

#### Sides

Roasted potatoes  
Gravy  
Apple sauce  
Peas  
Cauliflower cheese  
Stuffing

#### Desserts

Chocolate mousse pot

### Wednesday

#### Mains

Cottage pie  
Vegetarian cottage pie (V)

#### Sides

Mashed potatoes  
Peas  
Carrots  
Gravy

#### Desserts

Apple & mixed berry crumble  
Custard

### Thursday

#### Mains

Buffalo chicken burger  
Beany vegetable burger (V)

#### Sides

Potato wedges  
BBQ Sauce  
Sweetcorn  
Coleslaw

#### Dessert

Trifle pots  
Fruit smoothie

### Friday

#### Mains

Fish fingers  
Battered fish  
Quorn dippers

#### Sides

Chips  
Peas  
Baked beans  
Lemons  
Tartare sauce

#### Desserts

Pancakes  
Chocolate sauce  
Whipped cream  
Fruit coulis



### Daily Specials

Selection of freshly made soups, home-baked bread and jacket potatoes with a choice of toppings.

### Pasta Bar

Wholemeal pasta, tomato sauce.

### Salads

Selection of freshly made, sustainable composite salads and variety of raw vegetables, grains, and proteins.

### Chilled Desserts

Dessert pots, yoghurts or jelly pot, selection of fresh fruit.

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