

LHS MENU

All items are subject to availability.

WEEK 1

MAINS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Homemade Beef Lasagne & Garlic bread	Roast Pork, Herb Roast Potatoes, Yorkshire & Gravy	South Indian Coconut Chicken Curry with Pilau Rice & Mini Naan	Mexican Chicken Fajita with tortilla wrap	Crispy Breaded Pollock & Baked Chips

MARKET VEGETABLES/SIDES

Fresh Garden Salad	Seasonal Steamed veg Carrot & Broccoli	Fresh Garden Salad	Cajun Potato Wedges	Garden Peas & Baked Beans
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VEGETARIAN OPTION

Homemade 5 Veg Lasagne & Garlic Bread	Roasted Quorn Fillet, Herb Roast Potatoes, Yorkshire & Gravy	Tofu or Paneer & Vegetable Curry with Pilau Rice & Mini Naan	Mexican Quorn Fajita with tortilla wrap	Roasted tomato, basil & parmesan quiche
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HOT DELI

Italian Homemade Meatballs & Sub Rolls	Cajun Spiced Chicken Burger with lettuce & tomato	Tandoori Chicken on Kobez Bread with yoghurt dressing	BBQ Pork Ribs in Mini French Baguette	Stuffed Crust, Baked Pepperoni or Margherita Pizza
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PASTA BAR

PASTA WITH A SELECTION OF HOMEMADE SAUCE (VEGETARIAN / MEAT)

GRAB & GO

Nachos with Beef Chilli & Cheese	Beef Burgers on a bed of lettuce & tomato	Ham & Cheese Panini Tomato & Cheese Panini	Peppered Steak Pie	Yankee style Jumbo Hot Dog
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TERRACE

JACKET POTATO WITH A SELECTION OF FILLINGS

SELECTION OF FRESHLY BAKED BAGUETTES AND HOMEMADE SANDWICHES

DESSERTS

SELECTION OF HOMEMADE CAKES OR COOKIES

WHOLE FRUIT / FRUIT SLICES / FRUIT POTS

SMALL MEAL DEAL £3.00

LARGE MEAL DEAL £3.50



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WEEK 2				
MAINS				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cumberland Sausage with Carrot & Swede Mash & Gravy	Beef Bolognese & Spaghetti Pasta	Thai Chicken Curry & Stir-fry Veg Noodles	Turkey Tagine with Roasted Vegetable Couscous	Tempura Battered Fish Steak & Baked Chips
MARKET VEGETABLES/SIDES				
Garden Peas & Steamed Carrot Batons	Garlic Bread	Prawn Crackers	Moroccan Steamed Cauliflower & Green Beans	Garden Peas & Baked Beans
VEGETARIAN OPTION				
Quorn Sausage with Carrot & Swede Mash & Gravy	Quorn Bolognese & Spaghetti Pasta	Thai Quorn Curry & Stir-fry Veg Noodles	Lentil & Chickpea Tagine with Vegetable Couscous	Vegetable Schnitzel & Baked Chips
HOT DELI				
Empire Hot Dog & Sautéed Onion	Jerk Chicken Sub on a bed of lettuce & tomato	Beef Burger & Homemade Cajun Potato Wedges	Moroccan Chicken Flatbread & Salad	Spicy Chicken & Cheese Calzone Tomato Onion & Cheese Calzone
PASTA BAR				
PASTA WITH A SELECTION OF HOMEMADE SAUCE (VEGETARIAN / MEAT)				
GRAB & GO				
West Indian Chicken Burger, Salad & Soft Roll	Meat Kofta Flatbread with Salad	Ham & Cheese Toasties	Oven Baked Meat Samosa & Sweet Potato Bites	Coronation Chicken Burger with lettuce & tomato
TERRACE				
JACKET POTATO WITH A SELECTION OF FILLINGS				
SELECTION OF FRESHLY BAKED BAGUETTES AND HOMEMADE SANDWICHES				
DESSERTS				
SELECTION OF HOMEMADE CAKES OR COOKIES				
WHOLE FRUIT / FRUIT SLICES / FRUIT POTS				

SMALL MEAL DEAL £3.00

LARGE MEAL DEAL £3.50

LHS MENU

All items are subject to availability.

WEEK 3

MAINS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Jerk Chicken Curry Rice & Peas	Chicken & Vegetable Pasta Bake, Crispy Garlic Slice	Steak & Onion Pie & Gravy	Homemade Shepherd's Pie	Oven Baked Lightly Battered Chicken Chunks & Baked Chips

MARKET VEGETABLES/SIDES

Roasted Sweet Potato	Corn on the Cob	Herb New Potatoes Garden Peas	Steamed Carrots & Green Beans	Garden peas & Baked Beans
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VEGETARIAN OPTION

Spinach Lentil & Butternut Squash Curry Rice and Peas	Vegetable Pasta Bake, Crispy Garlic Slice	Cheese & Onion Pasties & Gravy	Homemade Quorn Shepherd's Pie	Caramelised red onion & Cheddar Quiche
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HOT DELI

Jerk Chicken Burger & Salad	BBQ Pork Ribs in Mini French Baguette	Pork Meatball Subs	Spicy Beef Burrito	Chicken Pizzini Vegetable Pizzini
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PASTA BAR

PASTA WITH A SELECTION OF HOMEMADE SAUCE (VEGETARIAN / MEAT)

GRAB & GO

Ham & Cheese Panini	BBQ Chicken Wings	Cajun Chicken Burger & Salad	Cheese & Onion Slice	Oven Baked Angus Beef Burger
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TERRACE

JACKET POTATO WITH A SELECTION OF FILLINGS

SELECTION OF FRESHLY BAKED BAGUETTES AND HOMEMADE SANDWICHES

DESSERTS

SELECTION OF HOMEMADE CAKES OR COOKIES

WHOLE FRUIT / FRUIT SLICES / FRUIT POTS

SMALL MEAL DEAL £3.00

LARGE MEAL DEAL £3.50