

SPRING

Lunch Week One

Monday

Tuesday

Wednesday

Thursday

Friday

Main

Meat Free Monday

Meat Free Italian Vegetable Bolognese

Gluten Free Spaghetti

Main

Cottage Pie Topped with Swede and Potato Mash

Meat Free Winter Vegetable Mash

Gluten Free All

Main

Honey and Lemon Roast Chicken

Meat Free Stuffed Courgettes with Quinoa, Feta and Herbs

Gluten Free All

Main

Lamb Koftas

Meat Free Moroccan bean, pea and Spinach Stew

Gluten Free All

Main

Cod Fish Fingers

Meat Free Vegetable Fingers

Gluten free Fish Fingers

Available Daily:

Salad Bar
Available to the Uppers

Daily Proteins

Tuna

Cheese

Egg



And to go with Italian Spaghetti Cheese

Pudding Fresh Fruit pots

And to go with, Vegetables

Pudding Favourite Jam Sponge with Custard

And to go with Roast Potatoes, Carrots and Cabbage

Pudding Fresh Fruit Pots

And to go with Lemon and Herb Cous Cous Tomato Sauce

Pudding Chocolate Mousse Pots

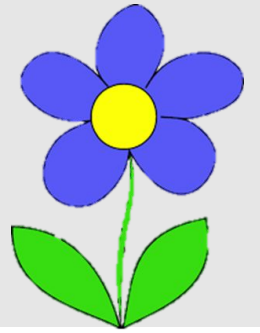
And to go with Potato Wedges, Peas

Pudding Fresh Fruit Pots

Check out our new Flavour Zone



Lunch Week Two



SPRING

Monday

Tuesday

Wednesday

Thursday

Friday

Main

Chicken Katsu Curry

Meat Free
Butternut, Aubergine
and Courgette Katsu
Curry

Gluten Free
All

Main

Traditional Bangers and
Mash
(Chicken Sausage)

Meat Free
Vegetable Sausage and
Mash

Gluten Free
All

Main

Norfolkhouse Favourite
Beef and Vegetable Pie

Meat Free
Winter Vegetable Pie

Gluten Free
All

Main

Baked Potato
Bar

Gluten Free

Main

Fishcakes

Meat Free
Cauliflower and
Broccoli Gratin

Gluten Free
Fishcakes

Available Daily:

Salad Bar
Available to the Uppers

Daily Proteins

Tuna

Cheese

Egg

And to go with
Jasmine Rice

And to go with
Mash Potato, Red
Cabbage and Onion
Gravy

And to go with
Roasted New Potatoes
with Thyme, Broccoli

And to go with
Chilli Beef, Winter
Coleslaw, Beans and
Cheddar

And to go with
Potato Wedges, Mushy
Peas

Pudding
Fresh Fruit Pots

Pudding
Lemon Cheesecake
Pots

Pudding
Fresh Fruit Pots

Pudding
Homemade Fruity
Flapjack

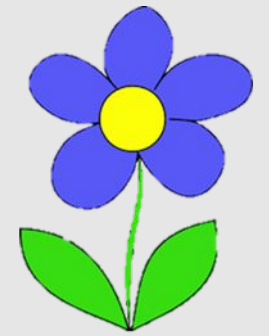
Pudding
Fresh Fruit Pots



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Lunch Week Three



SPRING

Monday

Tuesday

Wednesday

Thursday

Friday

Main
Chicken Fajita with
Caramelised Peppers
and Onions

Meat Free
Quorn, Peppers and
Onions

Gluten Free
Fajita

Main
Homemade Beef
Meatballs

Meat Free
Breaded Halloumi
Fingers

Gluten Free

Main
Double cheese, Leek
and Potato Bake

Gluten Free
All

THEMED DAY
From around
the world
Speciality
Mains, sides
and Pudding

Main
Salmon with Herb crust

Meat Free
Vegetable Ratatouille

Gluten Free
All

Available Daily:

Salad Bar
Available to the Uppers

Daily Proteins

Tuna

Cheese

Egg

And to go with
Potato Wedges, sour
Cream, Salsa

Pudding
Fresh Fruit Pots

And to go with
Tomato and Basil
Sauce, Penne Pasta

Pudding
Rhubarb Crumble
Vanilla Sauce

And to go with
Baked Beans and
Sweetcorn

Pudding
Fresh Fruit Pots

And to go with
Lemon and Parsley Rice

Pudding
Fresh Fruit Pots



Check out our new Flavour Zone

