



8-13 LUNCH MENU

WEEK ONE

Thursday

Soup of the day

Beef stroganoff

Sauteed pieces of beef and onions in a creamy mushroom sauce

Mushroom & Lentil stroganoff

Sauteed mushrooms and onions in a creamy sauce

Steamed rice and seasonal vegetables

Chocolate brownie

Monday

Soup of the day

Chicken curry

Tender pieces of chicken in a rich and mildly spiced sauce with onions and peppers

Butternut squash, chick pea & sweet potato curry

Butternut squash and sweet potato in a rich and mildly spiced sauce with onions and peppers

Steamed rice and mini naan bread

Apple crumble with custard

Tuesday

Soup of the day

Butchers pork sausages

Locally sourced pork sausages from M&K butchers in Bishopthorpe

“Redefine” Plant based Sausage

Meat free sausages made with a Cumberland seasoning

Creamy mashed potato, rich caramelised onion gravy and seasonal vegetables

Raspberry & coconut flapjack

Wednesday

Soup of the day

Pasta day

Wholewheat penne pasta with a choice of tomato & basil or cheese sauce

Served with seasonal vegetables and garlic bread

Lemon drizzle sponge cake

Friday

Soup of the day

Battered fish

Succulent white fish in a crispy batter

Cheese & onion roll

Mature cheese, onion and potato in a golden puff pastry case

Served with French fries, baked beans or mushy peas

Mixed fresh fruit salad

Available everyday

Jacket potatoes
Fresh seasonal salad bar
Homemade sandwiches
Fresh fruit