




Lunch

Week One September to December



PROUDLY NOURISHED BY

LODESTONE HOUSE

	Monday	Tuesday	Wednesday	Thursday	Friday
Mains	50/50 Penne pasta Beetroot risotto Tomato sauce Macaroni cheese	Carribean brown chicken stew Vegetarian carribean chickpea curry	Chicken chow mein Vegetarian chow mein	Cottage Pie Mixed Vegetables and Lentil Pie	Crispy Fish Fingers Breaded Pollock Mixed Vegetable Frittata
Sides	Steamed Carrot Fine Beans	Steamed rice Baked Cauliflower	Cauliflower Garden peas	Sweetcorn Roast carrots	Chips Green Peas Baked Beans
Salad	Daily Compound Salad Tomato Cucumber Lettuce Carrot Cold Protein	Daily Compound Salad Tomato Cucumber Lettuce Carrot Cold Protein	Daily Compound Salad Tomato Cucumber Lettuce Carrot Cold Protein	Daily Compound Salad Tomato Cucumber Lettuce Carrot Cold Protein	Daily Compound Salad Tomato Cucumber Lettuce Carrot Cold Protein
Dessert	Greek Style Yoghurt Fruit Salad	Lemon and Courgette Sponge Greek Style Yoghurt Fruit Salad	Greek Style Yoghurt Fruit Salad	Greek Style Yoghurt Fruit Salad	Banana and Chocolate Marble Cake Greek Style Yoghurt Fruit Salad



Jacket Potato

Topped with Baked Beans,
Cheese .



Fruit Bar

Selection of Fresh Fruit.



Lunch

Week Two September to December



	Monday	Tuesday	Wednesday	Thursday	Friday
Mains	Mushroom stroganoff Wholegrain Pasta Hidden Vegetables Tomato Sauce	Spanish chicken thighs Spanish Style Pappers Tomato, parsley & White Beans Mediterranean Tofu Pepper Stew	Chicken Tagine Vegetarian tagine	Turkey chilli con carne Lentil chili 'non' carne	MCS fish fingers Battered Haddock Quorn shawarma pitta pocket
Sides	Green Beans Carrots	Lemon & parsley rice Sweetcorn, Broccoli	Herby cous cous Cauliflower, garden peas	Tortilla chips Braised 50/50 rice Sweetcorn, Mixed vegetables	Chips Baked beans Garden peas
Salad	Daily Compound Salad Tomato Cucumber Lettuce Carrot Cold Protein	Daily Compound Salad Tomato Cucumber Lettuce Carrot Cold Protein	Daily Compound Salad Tomato Cucumber Lettuce Carrot Cold Protein	Daily Compound Salad Tomato Cucumber Lettuce Carrot Cold Protein	Daily Compound Salad Tomato Cucumber Lettuce Carrot Cold Protein
Dessert	Greek style yoghurt Fresh fruit salad	Apple Flapjack Greek style yoghurt Fresh fruit salad	Greek style yoghurt Fresh fruit salad	Greek style yoghurt Fresh fruit salad	Chocolate brownie Greek style yoghurt Fresh fruit salad



Jacket Potato Bar
Topped with Baked Beans,
Cheese.



Fruit Bar
Selection of Fresh Fruit.



Lunch

Week Three September to December



Mains

Sides

Salad

Dessert

Monday

Mushroom risotto
Penne Pasta
Hidden Vegetables Tomato Sauce

Green beans
Steamed carrots

Daily Compound Salad
Tomato, Cucumber, Lettuce
Cold Protein

Greek style yoghurt
Fresh fruit salad

Tuesday

Makhini Chicken Tikka Masala
Chana Curry

Naan Bread
Mango Chutney
Steamed Rice
Sweetcorn
Broccoli

Daily Compound Salad
Tomato, Cucumber, Lettuce
Cold Protein

Greek style yoghurt
Fresh fruit salad

Wednesday

Chicken sausages
Glamorgan Vegetarian Sausages

Creamy Mash Potato
Gravy
Cauliflower
Garden Peas

Daily Compound Salad
Tomato, Cucumber, Lettuce
Cold Protein

Apple and Toffee Crumble
Custard
Greek style yoghurt
Fresh fruit salad

Thursday

Beef Ragu
Assorted Pizza

Sweetcorn
Green beans

Daily Compound Salad
Tomato, Cucumber, Lettuce
Cold Protein

Greek style yoghurt
Fresh fruit salad

Friday

MCS Fish Fingers
Battered Pollock
Sweet Potato Burger

Chips
Green peas
Tartare Sauce

Daily Compound Salad
Tomato, Cucumber, Lettuce
Cold Protein

Creamy Vanilla and Orange
Rice pudding
Greek style yoghurt
Fresh fruit salad



Jacket Potato Bar

Topped with Baked Beans,
Cheese.



Fruit Bar

Selection of Fresh Fruit.