

					
Rotation Wk 1 & 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Daily Dishes</b>	<b>Italian Day</b>	<b>European Day</b>	<b>Roast Day</b>	<b>Curry Day</b>	<b>Fish Day</b>
Hot Lunch Special (Nutmeg)	Traditional Lasagne	Beef Goulash	Roast Chicken	Lamb Roloan Josh	Deen Fried Fish
Vegetarian Option (Nutmeg)	Macaroni Cheese	Mushroom Stroanoff	Potato & Baked Bean Pie	Vegetable Curry Puffs	Cheesy Vegetable Whirl
Carbohydrate	Garlic New Potatoes	Rice	Roast Potatoes	Rice	Chios
Vegetables	Ratatouille & Broccoli	Carrots & Cauliflower	Peas & Roasted Root Vegetables	Spinach & Cauliflower	Peas & Sweetcorn
<b>Tappan Grill Special Break 1</b>	Chilli Beef Skewers	Lamb Koftas	Curried Beef Skewer	Chicken Tikka Kebab	Paorkia Chicken Kebabs
<b>Tappan Grill Special Break 2</b>	Hoi Sin Chicken with Peppers and Noodles	Calun Chicken Burroer	Sweet Chilli Chicken with Str fry Vegetables	Black Bean Beef	Homemade Beef Burroer
Fresh SOUP of the day (Nutmeg)	Lentil & Tomato	Mushroom	Broccoli	Chicken & Sweetcorn	Leek & Potato
<b>Daily Desserts (Specials)</b>					
Gantry Desert (Nutmeg)	Rice Pudding with Jam	Rhubarb Cumble	Syrup Sponge Pudding	Apple & Blackberry Cumble	Chocolate Fudge Pudding
<b>Pasta King</b>					
Meat Based Sauce	Chirken Tikka	Phinnnese	Amino Meathalls	Lusianska Chirken	Bnners & Beans
Vegetarian Sauce	Arrabiata	Basilico	Cheese Sauce	Garlic Mushroom	Vegetable Baiti
<b>Board Specials (Weekly)</b>					
Sandwich	Roast Beef, Tom + H-radish Mayo	Roast Beef, Tom + H-radish Mayo	Roast Beef, Tom + H-radish Mayo	Roast Beef, Tom + H-radish Mayo	Roast Beef, Tom + H-radish Mayo
Baguette	Chicken Caesar	Chicken Caesar	Chicken Caesar	Chicken Caesar	Chicken Caesar
HOT Baguette	Basil Chicken Tomato + Mozzarella	Basil Chicken Tomato + Mozzarella	Basil Chicken Tomato + Mozzarella	Basil Chicken Tomato + Mozzarella	Basil Chicken Tomato + Mozzarella
Panini	Garlic Mushrooms + Baby Spinach	Garlic Mushrooms + Baby Spinach	Garlic Mushrooms + Baby Spinach	Garlic Mushrooms + Baby Spinach	Garlic Mushrooms + Baby Spinach
<b>Rotation Wk 2 &amp; 4</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Daily Dishes</b>	<b>Italian Day</b>	<b>European Day</b>	<b>Roast Day</b>	<b>Curry Day</b>	<b>Fish Day</b>
Hot Lunch Special (Nutmeg)	Spaghetti Bolognaise	Irish Stew	Roast Lamb	Chicken Korma	Deen Fried Fish
Vegetarian Option (Nutmeg)	Spinach, Tomato & Mushroom Pasta	Vegetable & Cheese Risotto	Stuffed Peppers	Vegetable & Chickpea Curry	Veie-mince Shepherds Pie
Carbohydrate	Parsley New Potatoes	Mashed Potatoes	Roast Potatoes	Rice	Chios
Vegetables	Ratatouille & Cauliflower	Carrots & Peas	Sweede Mash & Broccoli	Sweetcorn & Chilli Courgettes	Mushy Peas & carrots
<b>Tappan Grill Special Break 1</b>	Pesto Chicken Skewers	Jerk chicken and sweet potato Skewer	Chilli Beef Skewers	Lamb Koftas	Garlic & Herb Chicken Kebab
<b>Tappan Grill Special Break 2</b>	Ginoer & Chilli beef noodles	Sweet N Sour chicken	Black Bean Chicken	Chicken and Bacon Burroer	sweet chilli beef noodles
Fresh SOUP of the day (Nutmeg)	Potato & Courgette	Vegetable Soup	Carrot & Coriander	Pea & Ham	Tomato
<b>Daily Desserts (Specials)</b>					
Gantry Desert (Nutmeg)	Bread & Butter Pudding	Bakewell tart	Banana Loaf with Custard	Daty Apple Cumble	Sticky Toffee Pudding
<b>Pasta King</b>					
Vegetarian Sauce	Pomodoro	Vegetable Bolognaise	Arrabiata	Cheese Sauce	Vegetable Baiti
Meat Based Sauce	Chicken Korma	Maisale Meathalls	Chicken Torino	Chilli Beef	Soyc Sausage
<b>Board Specials (Weekly)</b>					
Sandwich	Egg and bacon mayo	Egg and bacon mayo	Egg and bacon mayo	Egg and bacon mayo	Egg and bacon mayo
Baguette	Ham, Turkey + Coleslaw	Ham, Turkey + Coleslaw	Ham, Turkey + Coleslaw	Ham, Turkey + Coleslaw	Ham, Turkey + Coleslaw
HOT Baguette	Chilli Con Carne + Cheese	Chilli Con Carne + Cheese	Chilli Con Carne + Cheese	Chilli Con Carne + Cheese	Chilli Con Carne + Cheese
Panini	Hoi Sin Chicken + Peppers	Hoi Sin Chicken + Peppers	Hoi Sin Chicken + Peppers	Hoi Sin Chicken + Peppers	Hoi Sin Chicken + Peppers