

Lunch

Week 1	Monday <i>(Meat free Monday)</i>	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Roast tomato & butter bean	Winter vegetable & barley	Cream of mushroom	Broccoli & stilton	Chicken noodle	Spiced cauliflower	The Aldenham Brunch Bar
Main course 1	Sri Lankan vegetable curry with rice	Lamb and root vegetable casserole with soda bread	Chicken & chickpea bhuna with naan bread & rice	Roast turkey, yorkshire pudding & gravy	Fish & Chip Bar Fish Cake or Breaded sustainable fish with lemon, dill & mayo, chips, mushy peas and gherkin	Turkey & tempeh burrito with peppers, onions & wholemeal rice	Grilled sausages
Main course 2	Five bean chilli with rice	Smoked haddock kedgerree with spinach & eggs	Cottage pie	Lamb & lentil pasta bake topped with mozzarella			Fried eggs
Main course 3	Beetroot risotto with vegan cheese & toasted seeds	Quorn & roast vegetable Philly style melt	Chickpea bhuna with naan bread & rice	Roast vegetable casserole			Baked tomatoes
On the side	New potatoes, Spiced roast cauliflower, Green beans	Mash potatoes Chunky carrots Minted peas	Lemon & coriander rice Sag aloo Sweetcorn	Roasted potatoes Steamed broccoli Baton carrots	Mac and Cheese	Chilli paprika wedges, sweetcorn with peppers & red onions	Toast station
Pasta & Jacket Potato Bar	Sweet potato, haricot bean & chard stew, Tomato & basil sauce, Baked beans	Tuna, red onion & caper mayo, Tomato & basil sauce, Baked beans	Cheddar cheese Tomato & basil sauce Baked beans	Chicken paprikash with roast peppers, Roast vegetable, tomato & basil sauce, Baked beans	Cheddar cheese, Tomato & basil sauce, Baked beans		Buttered kippers
Hot Dessert	Bread and butter pudding with custard	Banana sponge with custard	Apple crumble & custard	Lemon & lime cheesecake	Sticky toffee pudding with toffee sauce	Selection of desserts	Waffles with mixed berries
Cold Dessert	Chocolate cake	Brownie	Vanilla raspberry trifle	Flapjack	Chocolate orange pot		Baked pastries

*A selection of whole & cut seasonal fruits & salad bar with composite & simple salads every day.
Freshly baked cut bread by our very own Peter the Baker*