



Lunch

@Ravenscote Comm

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(Menus are subject to change, where possible updates will be issued)
 V=Vegetarian *=50:50
 SPRING/SUMMER 2022

		Main Course	Vegetarian	Option3	Dessert
Week 1	MONDAY	Ravioli filled with mozzarella, tomato and basil, in a tomato sauce served with garlic dough ball and peas	Veggie bolognese with penne pasta & sweetcorn V VEGETARIAN	Ham Panni	Cheese & biscuits V VEGETARIAN
	TUESDAY	Pork & apple grill with creamed potato & broccoli florets	Home-made squashage roll with creamed potato & baked beans V VEGETARIAN	Sausage Bap	Peach & carrot muffin with crème fraîche* V VEGETARIAN
	WEDNESDAY	Roast British chicken with sage & onion stuffing, roast potatoes, spring cabbage & gravy	Quorn fillet with sage & onion stuffing, roast potatoes, baton carrots & gravy V VEGETARIAN	Cheese & Tomato Pasta	Yoghurt selection V VEGETARIAN
	THURSDAY	Ham & cheese pasta bake with sweetcorn & wholegrain bread	Pizza swirls with spicy potato wedges & chef's salad V VEGETARIAN	Jacket Potato with baked Beans	Fruity flapjack with a fresh apple wedge* V VEGETARIAN
	FRIDAY	Breaded Fish Fingers with oven chips & peas	Vegetable quesadilla with oven chips & vegetable medley V VEGETARIAN	Jacket Potato with Cheese	Chocolate ice cream roll V VEGETARIAN
Week 2	MONDAY	Loaded cheese & tomato pizza with oven baked wedges & home-made slaw V VEGETARIAN	Margherita mac & cheese with oven baked potato wedges & vegetable medley V VEGETARIAN	Jacket Potato with Tuna Mayonaise	Chilled melon slice* V VEGETARIAN
	TUESDAY	Creamy Chicken Korma with wholegrain rice & sweetcorn	Creamy Quorn korma with wholegrain rice & sweetcorn V VEGETARIAN	Pizza Style Panni	Yoghurt selection V VEGETARIAN
	WEDNESDAY	Roast British beef with roast potatoes, cauliflower florets & gravy	Glamorgan sausage with roast potatoes, carrot roundels & gravy V VEGETARIAN	Pesto Pasta	Cheese & biscuits with fresh apple slices* V VEGETARIAN
	THURSDAY	BBQ Lincolnshire sausages with crispy herb potatoes & baked beans	Home-made Quorn sausage & tomato roll with crispy herb potatoes & green beans V VEGETARIAN	Jacket Potato with Baked Beans	Strawberry mousse V VEGETARIAN
	FRIDAY	Pollock or salmon fish finger wrap with oven chips & chef's salad	Vegetable fingers with oven chips & crushed peas V VEGETARIAN	Jacket Potato with cheese	Vanilla ice cream V VEGETARIAN
Week 3	MONDAY	Vegan sausage roll with crispy herb potatoes & green beans V VEGETARIAN	Chilli non carne filled jacket potato with carrot roundels V VEGETARIAN	Jacket Potato with Ham & Cheese	Yoghurt selection V VEGETARIAN
	TUESDAY	Beef burger in a bun with sweet potato wedges & chef's salad	Country vegetable burger in a bun with sweet potato wedges & salad bar V VEGETARIAN	Jacket Potato with Chicken & Sweetcorn	Banana muffin with crème fraîche* V VEGETARIAN
	WEDNESDAY	Roast British gammon with roast potatoes, broccoli florets & gravy	Home-made Quorn lattice slice with roast potatoes, baton carrots & gravy V VEGETARIAN	Tomato Pasta	Chilled melon slice* V VEGETARIAN
	THURSDAY	Chicken & thyme meatballs in a tomato sauce with pitta bread, couscous & sweetcorn	Mediterranean pasta bake with chef's salad V VEGETARIAN	Jacket Potato with Cheese	Cheese & biscuits V VEGETARIAN
	FRIDAY	Breaded fish fillet with hash browns & peas	Veggie brunch - mini omelette, hash brown, veggie sausage, baked beans V VEGETARIAN	Meatball Sub	Home-made chocolate & beetroot brownie with crème fraîche V VEGETARIAN