



Autumn Lunch Menu

September to December

Week One

Monday

Mains

Chicken & Vegetable Fajitas
Tofu & Vegetable Fajitas
Gluten Free Fajitas

Sides

Mexican Rice
Roasted Corn Salsa

Dessert

Apple crumble & Custard

Tuesday

Mains

Classic Beef Bolognaise
Vegan Bolognaise
Gluten Free Pasta Bolognaise

Sides

Garlic Bread
Grated Parmesan Cheese
Carrots & Sweetcorn mix

Dessert

Jam Doughnuts

Wednesday

Mains

Traditional Roast Chicken Thighs
Quorn Roast

Sides

Roast Potatoes
Yorkshire Pudding
Seasonal Vegetables
Gravy

Dessert

Banana Cake & custard

Thursday

Mains

Pork Sausage & Onion Gravy
Vegan Sausages
Gluten Free Sausage

Sides

Creamy Mash Potato
Glazed Carrots & Peas
Onion Gravy

Dessert

Flapjack

Friday

Mains

Fish Fingers with tartar Sauce
Quorn Nuggets
Gluten free Fish Fingers

Sides

Chips
Mushy Peas
Baked Beans

Dessert

Dessert of the day

Daily specials

Selection of, home-baked bread and jacket potatoes with a choice of toppings.

Pasta bar

Pasta, tomato sauce and grated cheese

Salads

Selection of freshly made, sustainable composite salads and variety of raw vegetables, grains, and proteins.

Chilled desserts

Dessert pots, yoghurts, selection of fresh fruit.

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Autumn Lunch Menu

September to December

Week Two

Monday

Mains

Macaroni Cheese
Pasta Tomato & Cheese

Sides

Garlic Bread
Glazed Garden Peas

Dessert

Apple Crumble & Custard

Tuesday

Mains

Mince Beef Curry
Vegetable & Lentil Curry

Sides

Rice
Mini naan Bread
Mango Chutney
Roast Cumin Carrots
Dessert

Jam & Coconut Sponge
& Custard

Wednesday

Mains

BBQ Chicken Thighs
Tofu & mixed Peppers in
BBQ sauce

Sides

Vegetable Noodles
Boa Buns
Kimchi

Dessert

Syrup sponge & Custard

Thursday

Mains

Beef Burgers in Bun
Veggie Burgers in Bun

Sides

Potato Wedges
Sweetcorn
Baked Beans

Dessert

Flapjack

Friday

Mains

Fish Fingers
Baguettes Cheese or Tuna
Gluten Free Fish Fingers

Sides

Chips
Baked Beans
Green Peas

Dessert

Dessert of the Day

Daily specials

Selection of home-baked bread and jacket potatoes with a choice of toppings.

Pasta bar

Pasta, tomato sauce and grated cheese

Salads

Selection of freshly made, sustainable composite salads and variety of raw vegetables, grains, and proteins.

Chilled desserts

Dessert pots, yoghurts, selection of fresh fruit.

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Autumn Lunch Menu

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Week Three

Monday

Mains

Buttered Chicken Curry
Tofu & Spinach Curry

Sides

Pilau Rice
Naan Bread
Curried Cauliflower

Dessert

Marble Cake & Chocolate
Custard

Tuesday

Mains

Classic Beef Lasagne
Vegetable Lasagne

Sides

Garlic Bread
Steamed Broccoli

Dessert

Chocolate Mousse Pot

Wednesday

Mains

Chinese Chicken Noodle
Vegetable Chow Mein

Sides

Vegetable Spring rolls
Prawn Crackers

Dessert

Strawberry & Lemon Tartlets
with Custard

Thursday

Mains

Pizza Bar
with a selection of salads

Sides

Tuna Pasta Salad
Selection of Raw Salads

Dessert

Apple Crumble & Custard

Friday

Mains

Pork or Quorn Sausages
Fish Fingers with Tartar Sauce
Tomato Soup & Fresh Bread

Sides

Chunky Chips
Baked Beans
Garden Peas

Dessert

Vanilla Ice cream

Daily specials

Selection of home-baked bread and
jacket potatoes with
a choice of toppings.

Pasta bar

Pasta with tomato sauce and
grated cheese

Salads

Selection of freshly made, sustainable
composite salads and variety of raw
vegetables, grains, and proteins.

Chilled desserts

Dessert pots, yoghurts, selection
of fresh fruit.

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