

Lunch Menu *Week One*

Forge



GREEN EARTH MONDAY

Meatball Marinara Sub Roll
Vegetable Chilli & with Spicy Rice
Garden Peas, Baked Beans, Garden Salad

TUESDAY

Chicken Korma Served with Mixed Rice
Mediterranean Vegetable Lasagne
Jacket Wedges, Sweetcorn, Green Beans, Baked Beans Garden Salad

WEDNESDAY

Roast of the Day served with Traditional Accompaniments
Cauliflower Cheese Bake
Roast Potatoes, Carrots, Broccoli, Baked Beans, Garden Salad

THURSDAY

Deep Fried Fish with Tartar Sauce
Spicy Butternut & Lentil Patty filled Pitta with Piri Piri Sauce
Chipped Potatoes, Mushy Peas, Baked Beans, Garden Salad

FRIDAY

Korean Sticky Chicken & Noodles
A Selection of Freshly Made Assorted Pizza Slices
Minted Peas, Mixed Vegetables, Baked Beans, Garden Salad

AVAILABLE DAILY

Dessert of the Day, Cakes, Biscuits, Fresh Fruit
Filled Jacket Potatoes, Assorted Snacks, Various Filled Sandwiches,
Rolls & Wraps, Fresh Salads

Lunch Menu *Week Two*

Forge



GREEN EARTH MONDAY

Oven Baked Vegetable Quesadillas
Mozzarella, Tomato & Roasted Vegetable Pasta Bake
Jacket Wedges, Broccoli, Sweetcorn, Garden Salad

TUESDAY

Home Made Turkey, Leek & Mushroom Pie
Loaded Mac & Cheese with Crispy Onions
New Potatoes, Carrots, Mixed Greens or Garden Salad

WEDNESDAY

Roast of the Day served with Traditional Accompaniments
Oven Baked Butternut, Chickpea & Lentil Loaf with Herb Gravy
Roast Potatoes, Cabbage, Sliced Carrots or Garden Salad

THURSDAY

Deep Fried Fish with Tartar Sauce
A Selection of Freshly Made Burritos
Chipped Potatoes, Mushy Peas, Baked Beans, Garden Salad

FRIDAY

Butchers Sausage with Caramelised Onion Gravy
Quorn Hot Dog
Cajun Wedges, Baked Beans, Cauliflower or Garden Salad

AVAILABLE DAILY

Dessert of the Day, Cakes, Biscuits, Fresh Fruit
Filled Jacket Potatoes, Assorted Snacks, Various Filled Sandwiches,
Rolls & Wraps, Fresh Salads

Lunch Menu *Week Three*

Forge



Green Earth Monday

Classic Pasta & Veggie Mince Bolognese
Vegetable Balti with Mixed Rice
Jacket Wedges, Garden Peas, Carrots or Garden Salad

TUESDAY

Lamb Shepherd's Pie topped with Colcannon Mash
Chinese Chip Shop Curry Vegetables Served with Mixed Rice
Green Beans, Cumin Roast Cauliflower or Garden Salad

WEDNESDAY

Roast of the Day Served with Traditional Accompaniments
Vegetable Wellington
Roast Potatoes, Broccoli, Fresh Carrots or Garden Salad

THURSDAY

Deep Fried Fish with Tartar Sauce
Onion Bhaji Burger with Chilli Sauce
Chipped Potatoes, Mushy Peas, Baked Beans, Garden Salad

FRIDAY

Fresh Pulled Chicken Bap
Creamy Italian Pasta Primavera
Spicy Potatoes, Sweetcorn, Mixed Vegetables or Garden Salad

AVAILABLE DAILY

Dessert of the Day, Cakes, Biscuits, Fresh Fruit
Filled Jacket Potatoes, Assorted Snacks, Various Filled Sandwiches,
Rolls & Wraps, Fresh Salads