

LUNCH MENU

SOCIETYSTKITCHEN

WEEK ONE –
AUTUMN WINTER

	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Homemade Plant-Based Cottage Pie 	Chicken Curry & Rice 	Roast Chicken or Gammon served with Gravy	Beef Lasagne	Sustainably Sourced Battered Fish & Chips
	All Day Breakfast Quorn Sausage Burrito 	Tomato & Basil Pasta Pot	Wholemeal Pizza Panini 	Vegetable Tikka Masala 	Baked Bean & Cheese Hot Baguette
	Jacket Potato with Assorted Hot & Cold Fillings	Jacket Potato with Assorted Hot & Cold Fillings	Jacket Potato with Assorted Hot & Cold Fillings	Jacket Potato with Assorted Hot & Cold Fillings	Jacket Potato with Assorted Hot & Cold Fillings
	Broccoli, Sweetcorn, Baked Beans, Coleslaw Salad, Mixed Salad 	Rice, Mixed Vegetables, Baked Beans, Mixed Salad 	Thyme Roasted Potatoes, Carrots & Cauliflower, Baked Beans, Mixed Salad 	Potato Wedges, Green Beans, Baked Beans, Mixed Salad 	Peas, Baked Beans, Mixed Salad 
	Shortbread	Iced Vanilla Sponge Cake	Double Chocolate Cookie	Chocolate Sponge Cake (ve) with Custard	Flapjack

Portion(s) of fruit or veg



Source of Wholegrain



Contains plant-based proteins



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WEEK TWO –
AUTUMN WINTER

	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Pasta & Veggie Mince Bolognaise 	Chinese Style Chicken Meatballs & Rice 	Roast Gammon with Gravy	Macaroni Cheese topped with Crispy Onions	Sausage & Chips
	Vegetable & Lentil Kofta Wrap 	Spicy Tomato Sauce Pasta Pot	Pizza Topped Panini	Vegetable Chilli Con Carne with Savoury Rice 	Tuna Melt Hot Baguette
	Jacket Potato with Assorted Hot & Cold Fillings	Jacket Potato with Assorted Hot & Cold Fillings	Jacket Potato with Assorted Hot & Cold Fillings	Jacket Potato with Assorted Hot & Cold Fillings	Jacket Potato with Assorted Hot & Cold Fillings
	Peas, Roasted Cumin Carrots, Baked Beans, Mixed Salad 	Green Beans, Sweetcorn, Baked Beans, Mixed Salad 	Thyme Roasted Potatoes, Savoy Cabbage, Carrots, Baked Beans, Mixed Salad 	Sweetcorn, Garden Peas, Baked Beans, Mixed Salad 	Peas, Baked Beans, Mixed Salad 
	Chocolate Crunch (ve)	Lemon Drizzle Cake	White Chocolate Cookie	Banana Sponge (ve) & Custard	Fruity Flapjack

Portion(s) of fruit or veg



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WEEK THREE

AUTUMN WINTER

	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Tex Mex Vegetable Quesadilla (ve) 	Jerk Chicken Rice & Peas 	Roast Gammon or Roast Chicken with Gravy	Carbonara Pasta with Garlic Bread	Beef or Chicken Burger & Chips
	Falafel Wrap with Tomato Salsa 	Cheese Sauce Penne Pasta Pot	Cheese and Tomato Panini	Cajun Style Dirty Vegetable Rice 	Hot Cheese Baguette
	Jacket Potatoes with Assorted Hot & Cold Fillings	Jacket Potatoes with Assorted Hot & Cold Fillings	Jacket Potatoes with Assorted Hot & Cold Fillings	Jacket Potatoes with Assorted Hot & Cold Fillings	Jacket Potatoes with Assorted Hot & Cold Fillings
	Cajun Wedges Mixed Vegetables, Baked Beans, Mixed Salad 	Baked Skin on Wedges, Carrot & Sweetcorn, Green Beans, Baked Beans, Mixed Salad 	Thyme Roasted Potatoes, Carrots, Peas, Baked Beans, Mixed Salad 	Carrots, Cauliflower, Baked Beans, Mixed Salad 	Chips, Peas, Baked Beans, Mixed Salad 
	Chocolate Shortbread	Tottenham Cake	Milk Chocolate Cookie	Jam Sponge (ve) & Custard	Homemade Flapjack

Portion(s) of fruit or veg



Source of Wholegrain



Contains plant-based proteins

