Rooks Heath

Lunch Menu: 3 Week Cycle April 2023 to October 2023

Desserts, cakes & bakes

Week Commencing:

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Lunch Menu - Week 1 Friday Monday Tuesday Wednesday Thursday Day Butternut Squash Jalousie with Roast Potatoes and Chef's Special Vegan Spaghetti Bolognese Lentil Cottage Pie Goan Vegetable Curry with Rice Quorn Nuggets with Chips and Tomato Ketchup Chicken & Sweetcorn Meatballs in Tomato Sauce Roast Chicken Drumsticks with Roast Potatoes and **Vegetarian Option** Fish Fingers with Chips and Tomato Ketchup Cottage Pie Keema Beef Curry with Rice Reinventing veggie favourites with Pasta Jacket Potato & Cheese, Baked Beans, Coleslaw or **Jacket Potato Option** Jacket Potato with Cheese or Baked Beans Tuna Mayonnaise Veg of the Day Roast Root Vegetables and Chilli Broccoli Peas and Baked Beans Peas and Roast Mediterranean Vegetables Cauliflower and Green Beans Carrots and Green Cabbage ust Dessert Apple & Black Cherry Pie with Ice Cream Chocolate Muffin Cake Pear Crumble with Custard Chocolate Cracknell Vanilla Shortbread

17th April, 8th May, 19th June, 10th July, 11th September, 2nd October





Lunch Menu - Week 2						
Day	Monday	Tuesday	Wednesday	Thursday	Friday	
Chef's Special	Sweet Chilli Vege Strips with Savoury Rice	Macaroni Cheese with Garlic Bread	Butternut Squash, Sweet Potato and Lentil Loaf with Roast Potatoes and Gravy	Vegetable Teriyaki Noodles	Cheese & Onion Pasty	
Vegetarian Option Reinventing veggie favourites	Lamb Meatballs with Tagine Sauce and Rice	Spaghetti Bolognese with Garlic Bread	Roast Chicken Drumsticks with Roast Potatoes and Gravy	Sweet & Sour Chicken with Rice	Battered Fish with Chips and Tomato Ketchup	
Jacket Potato Option	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese or Baked Beans	
Veg of the Day	Green Beans and Broccoli	Peas and Sweetcorn	Roast Carrots and Cauliflower	Sweetcorn and Soy Green Beans	Peas and Baked Beans	
Just Dessert Desserts, cakes & bakes	Plant Based Chocolate Brownie	Berry Muffin	Apple Crumble with Ice Cream	Oat Cookie	Lemon Dizzle Cake	

24th April, 15th May, 5th June, 26th June, 17th July, 18th September, 9th October

Lunch Menu - Week 3



Editori Week 5						
Day	Monday	Tuesday	Wednesday	Thursday	Friday	
Chef's Special	Vegetarian Sausage with Mashed Potato and Gravy	Loaded Spicy Wedges	Roast Vegetable Tart with Roast Potatoes and Gravy	Macaroni Cheese with Garlic Bread	Homemade Jumbo Samosa with Chips	
Vegetarian Option Reinventing veggie favourites	Chicken Sausage with Mashed Potato and Gravy	Cajun Spiced Chicken Wrap	Roast Beef with Roast Potatoes and Gravy	Lasagne with Garlic Bread	Breaded Fish with Chips and Tomato Ketchup	
Jacket Potato Option	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese or Baked Beans	
Veg of the Day	Carrots and Green Vegetable Medley	Peas and Green Beans	Broccoli and Green Cabbage	Sweetcorn and Tomato Salsa	Peas and Baked Beans	
Just Dessert Desserts, cakes & bakes	Flapjack	Ice Cream Tub	Peach Crumble with Ice Cream	Pear & Vanilla Sponge with Custard	Ginger Biscuit	

Jacket Potato with a variety of fillings and a selection of salads and fresh fruits will be available daily.

1st May, 22nd May, 12th June, 3rd July, 4th September, 25th September 16th October

We will offer a selection of dishes from our "Concepts" range including "Ciao Pasta", "Ciao Pizza", "Philly Mac & Co", "Moshi Moshi Noddle's"

In addition, a selection of chilled foods will be available through our Graze range: sandwiches, baguettes, dessert pots

Full recipe and allergen information is available for all dishes within the dining area and at point of sale.

Please do ask a member of the catering team if you require any further information