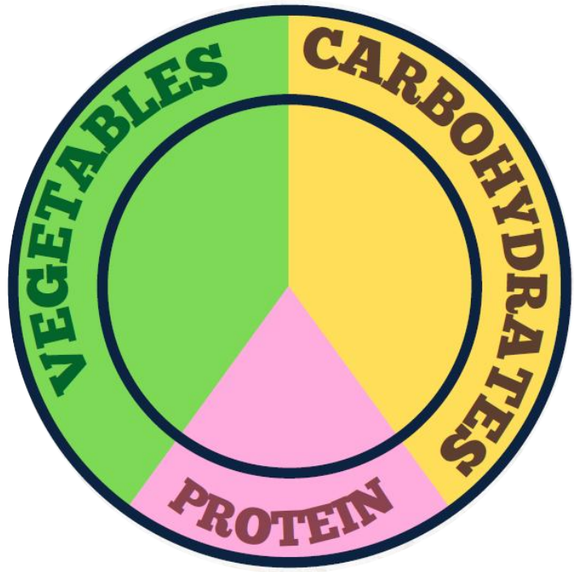
9th Nov, 30th Nov, 21st Dec

Lunch Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Protein	Cheese & Tomato Pizza	Thai Green Curry	Roast Ham	Beef Lasagne	Battered Fish
	Pepperoni Pizza	Vegetable Curry	Cheese & Onion Pie	Vegetarian Lasagne	Quorn Dippers
Carbohydrate	Pesto Pasta	Noodles	Roast Potatoes Yorkshire Pudding	Garlic Bread	Wedges
Vegetables	Roasted Pepper & Courgette Sweetcorn	Peas Broccoli	Carrots Savoy Cabbage Gravy	Sweet Potato Wedges Green Beans	Peas Baked Beans
Alternative	Jacket Potato	Pasta & Sauce	Pasta & Sauce	Jacket Potato	Pasta & Sauce
Dessert	Lemon Cookie	Seasonal Fruits	Apple Crumble Layer Pot	Seasonal Fruits	Marble Cake



This menu has been reviewed by a certified Nutritionist

AfN ANutr
Registered Associate Nutritionist

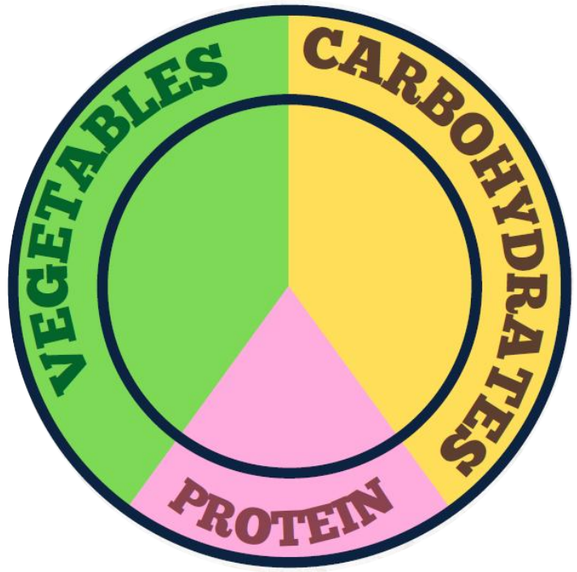
PROUDLY NOURISHED BY

LODESTONE HOUSE

16th Nov, 7th Dec

Lunch Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Protein	Mac & Cheese	Beef Burger Onion Bhaji Burger	Pulled Pork Vegetarian Toad in the Hole	Chicken Gyros Falafel Gyros	Fish Fingers BBQ Vegetable Wrap
Carbohydrate		Herby Baked Potato	Roast Potatoes Yorkshire Pudding	Rice	Curly Fries
Vegetables	Carrots Sweetcorn	Peas Coleslaw	Carrots	Roasted Vegetables Tzatziki	Garden Peas Baked Beans
Alternative	Jacket Potato	Pasta & Sauce	Pasta & Sauce	Jacket Potato	Pasta & Sauce
Dessert	Brownie	Seasonal Fruit	Strawberry Mousse	Seasonal Fruit	Flapjack



This menu has been reviewed by a certified Nutritionist

AfN ANutr
Registered Associate Nutritionist

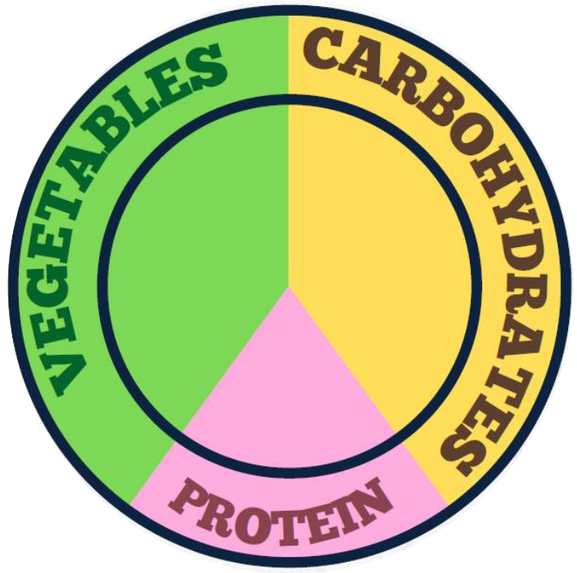
PROUDLY NOURISHED BY

LODESTONE HOUSE

2nd Nov, 23rd Nov, 14th Dec

Lunch Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Protein	Chicken Katsu	Sausage Rolls	Roast Chicken	Bolognese	Breaded Fish
	Sweet Potato Katsu	Vegetarian Sausage Roll	Cheesy Veggie Hotpot		Cheesy Bean Burrito
Carbohydrate	Rice	Herby Potato	Roast Potato Yorkshire Pudding	Garlic Bread Spaghetti	Wedges
Vegetables	Broccoli Sweetcorn	Peas Carrots	Roasted Root Vegetables Savoy Cabbage Gravy	Roasted Pepper & Courgette	Peas Baked Beans
Alternative	Jacket Potato	Pasta & Sauce	Pasta & Sauce	Jacket Potato	Pasta & Sauce
Dessert	Raspberry Cake	Seasonal Fruit	Jam Sponge	Seasonal Fruit	Oat Cookie



This menu has been reviewed by a certified Nutritionist

AfN ANutr
Registered Associate Nutritionist

PROUDLY NOURISHED BY

LODESTONE HOUSE