

LUNCH MENU

WEEK 1



BLACKHEATH
PREP

MONDAY

Soup

Squash, Chilli & Coconut
Homemade Bread
Seeds & Toppings

Mains

Ultimate Mild Beef Chilli Con
Carne

Pasta & Jacket

Putanesca Sauce
Classic Pomodoro
Cheddar Cheese
Baked Beans

Plant Based

Lentil & Bean Chilli Sin Carne
With Tortilla Chips & Rice

Sides

Guacamole
Sour Cream
Broccoli
Green Beans
Braised Rice

Dessert Of The Day

Apple Crumble & Custard

Everyday Items

Selection of Yoghurts, Jellies,
Fruit Pots

TUESDAY

Soup

Turkish Red Lentil
Homemade Bread
Seeds & Toppings

Mains

Turkish Chicken Kebab, Khobez,
Salads & Sauces

Pasta & Jacket

Carbonara Sauce
Classic Pomodoro
Cheddar Cheese
Baked Beans

Plant Based

Sumac & Honey Roasted Oyster
Mushroom Shawarma, Khobez,
Salads & Sauces

Sides

Tavada Patates
Kisir
Salads & Sauces

Dessert Of The Day

Sultana & Seeds Flapjack

Everyday Items

Selection of Yoghurts, Jellies,
Fruit Pots

WEDNESDAY

Soup

Tomato & Basil
Homemade Bread
Seeds & Toppings

Mains

Honey Glazed Pork, Crackling,
Apple Sauce

Pasta & Jacket

Broccoli Alfredo Sauce
Classic Pomodoro
Cheddar Cheese
Baked Beans

Plant Based

Roasted Butternut & Lentil
Wellington

Sides

Rosemary Roast Potatoes
Honey Glazed Carrots
Flash Fried Greens
Gravy

Dessert Of The Day

Sticky Toffee Pudding With
Toffee Sauce

Everyday Items

Selection of Yoghurts, Jellies,
Fruit Pots

THURSDAY

Soup

Leek & Potato
Homemade Bread
Seeds & Toppings

Mains

Mild Beef Curry, Naan Bread,
Fragrant Rice

Pasta & Jacket

Goan Chicken
Baked Potato And Sweet Potato
Baked Beans
Cheddar Cheese

Plant Based

Paneer & Chickpea Saag, Naan
Bread & Fragrant Rice

Sides

Naan Bread
Asian Slaw
Garlic Roasted Broccoli
Smashed Bhaji

Dessert Of The Day

Lemon Cheesecake Pots

Everyday Items

Selection of Yoghurts, Jellies,
Fruit Pots

FRIDAY

Soup

Roasted Tomato & Garlic
Homemade Bread
Seeds & Toppings

Mains

Fish Fingers Or
Breaded Fish

Pasta & Jacket

Creamy Mushroom & Pesto
Classic Pomodoro
Cheddar Cheese
Baked Beans

Plant Based

Moving Mountains Plant Based
Fishless Fingers

Sides

Seasoned Chips
Chunky Slaw
Street Corn
BBQ Beans

Dessert Of The Day

Chocolate Beetroot Brownie

Everyday Items

Selection of Yoghurts, Jellies,
Fruit Pots

FOR ALLERGEN INFORMATION PLEASE SPEAK TO A MEMBER OF THE TEAM.

LUNCH MENU

WEEK 2



BLACKHEATH
PREP

MONDAY

Soup

Sweet Tomato & Basil
Homemade Bread
Seeds & Toppings

Mains

Hickory BBQ Chicken Thigh,
Kansas Slaw, Chive Butter New
Potatoes

Pasta & Jacket Bar

Beef Bolognaise
Classic Pomodoro
Basil Pesto
Baked Beans
Cheddar Cheese

Plant Based

Boston Bean Burger, Pretzel Bun

Sides

Chive Butter New Potatoes
Broccoli
Green Beans
Kansas Slaw

Dessert Of The Day

Apple & Berry Crumble Served
With Vanilla Custard

Everyday Items

Selection of Yoghurts, Jellies,
Fruit Pots.

TUESDAY

Soup

Classic Pea & Mint
Homemade Bread
Seeds & Toppings

Mains

Classic Beef Lasagne, Garlic
Focaccia

Pasta & Jacket Bar

Creamy Mushroom
Classic Pomodoro
Baked Potato Or Sweet Potato
Baked Beans
Cheddar Cheese

Plant Based

Lentil & Roasted Vegetable
Lasagne

Sides

Roasted Mediterranean
Vegetables
Garden Peas
Rocket & Parmesan

Dessert Of The Day

Pineapple & Syrup Sponge

Everyday Items

Selection of Yoghurts, Jellies,
Fruit Pots.

WEDNESDAY

Soup

Butternut & Thyme
Homemade Bread
Seeds & Toppings

Mains

Teriyaki Pork Noodles

Pasta & Jacket Bar

Hickory Chicken
Classic Pomodoro
Baked Potato Or Sweet Potato
Baked Beans
Cheddar Cheese

Plant Based

Quorn & Vegetable Noodles

Sides

Teriyaki Noodles
Stir-fry Vegetables
5 Spice Carrots

Dessert Of The Day

Berry Mousse

Everyday Items

Selection of Yoghurts, Jellies,
Fruit Pots.

THURSDAY

Soup

Carrot & Coriander
Homemade Bread
Seeds & Toppings

Mains

Chicken & Chorizo Paella

Pasta & Jacket Bar

Beef Chilli
Classic Pomodoro
Baked Potato Or Sweet Potato
Baked Beans
Cheddar Cheese

Plant Based

Oumph & Roasted Vegetable
Paella

Sides

Paprika Roast Corn Cobs
Lemon & Garlic Broccoli
Selection Of Salads

Dessert Of The Day

Lemon Meringue Pots

Everyday Items

Selection of Yoghurts, Jellies,
Fruit Pots.

FRIDAY

Soup

Curried Sweet Potato
Homemade Bread
Seeds & Toppings

Mains

Build A Burger

Pasta & Jacket Bar

Creamy Pesto
Classic Pomodoro
Cheddar Cheese
Baked Beans

Plant Based

Build A Burger

Sides

Chunky Chips
Coleslaw
Garden Peas
Baked Beans

Dessert Of The Day

Double Chocolate Steamed
Sponge

Everyday Items

Selection of Yoghurts, Jellies,
Fruit Pots.

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LUNCH MENU

WEEK 3



BLACKHEATH
PREP

MONDAY

Soup

Roasted Red Pepper
Homemade Bread
Seeds & Toppings

Mains

Mild Thai Beef Curry

Pasta & Jacket

Roasted Red Pepper & Feta
Classic Pomodoro
Cheddar Cheese
Tuna Crunch
Baked Beans

Plant Based

Quorn & Aubergine Thai Curry

Sides

Coconut Basmati Rice
Green Beans & Baby Corn
Thai Cabbage

Dessert Of The Day

Apple Pie & Custard

Everyday Items

Selection of Yoghurts, Jellies,
Fruit Pots.

TUESDAY

Soup

Honey Roast Parsnip
Homemade Bread
Seeds & Toppings

Mains

Smoked Spanish Chicken

Pasta & Jacket

Curried Chickpea & Spinach
Baked Potato Or Sweet Potato
Baked Beans
Cheddar Cheese
Coronation Chicken

Plant Based

Spinach & Sweet Potato Tortilla

Sides

Patatas Bravas
Med Roast Vegetables
Sautee Garlic & Lemon Spinach
Selection Of Salads

Dessert Of The Day

Banana Sponge

Everyday Items

Selection of Yoghurts, Jellies,
Fruit Pots.

WEDNESDAY

Soup

Chunky Vegetable
Homemade Bread
Seeds & Toppings

Mains

Ultimate Butchers' Sausages,
Gravy & Crispy Onion

Pasta & Jacket

Chicken & Mushroom
Classic Pomodoro
Cheddar Cheese
Baked Beans

Plant Based

Vegan Sausage & Onion Gravy

Sides

Mashed Potatoes
Garden Peas
Glazed Carrots
Gravy

Dessert Of The Day

Blackheath Berry Mess

Everyday Items

Selection of Yoghurts, Jellies,
Fruit Pots.

THURSDAY

Soup

Red Lentil, Chickpea & Chilli
Homemade Bread
Seeds & Toppings

Mains

Breaded Garlic & Herb Chicken

Pasta & Jacket

Beef Bolognaise
Baked Potato Or Sweet Potato
Baked Beans
Cheddar Cheese
Tuna Mayo

Plant Based

Breaded Aubergine Steak

Sides

Rosemary New Potatoes
Steamed Broccoli
Roast Pepper & Corn

Dessert Of The Day

Raspberry Blondie

Everyday Items

Selection of Yoghurts, Jellies,
Fruit Pots.

FRIDAY

Soup

Creamy Mushroom
Homemade Bread
Seeds & Toppings

Mains

Battered Fish, Lemon & Tartare
Sauce

Pasta & Jacket

Broccoli Al Forno
Classic Pomodoro
Cheddar Cheese
Baked Beans

Plant Based

Tempura Tofu & Vegetables with
Sweet Chilli Sauce

Sides

Chip Shop Chips
Curry Sauce
Garden Peas
Baked Beans

Dessert Of The Day

Millionaires Banana Cake

Everyday Items

Selection of Yoghurts, Jellies,
Fruit Pots.

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