

# LUNCH MENU



WEEK ONE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tomato Chicken Canneloni served with Herbed Garlic Rolls Peas & Roasted Butternut	Beef Enchiladas topped with Cheese served with Glazed Carrots & Baby Marrows	BBQ Chicken Wings served with Crispy Roast Potatoes Broccoli & Cauliflower	Traditional Butter Chicken served with Basmati Rice Tossed Garlic Green Beans & Rosa Tomatoes & Feta	Calamari served with Tartar Sauce Chips & Minted Peas
Creamy Tomato & Spinach Pasta Grated Cheese & Garlic Rolls Peas & Corn	Vegetable Enchiladas topped with Cheese served with Glazed Carrots & Baby Marrows	Zucchini, Carrot & Parmesan Fritters served with Gravy Crispy Roast Potatoes Roasted Seasonal Vegetables	Vegetables Curry served with Basmati Rice Garlic Green Beans & Rosa Tomatoes & Feta	Butternut Stuffed with Cous-cous, Feta & Pepper served with Minted Peas & Chips
Greek Salad	French Salad	Baby Spinach, Apple & Feta Salad	Sambal Salad	Fresh Garden Salad

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*enjoy your meal*

WEEK TWO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spaghetti Bolognese Grated Cheese, Garlic Rolls Peas & Corn	Chicken Schnitzel with Mushroom Sauce Creamy Potato Mash Broccoli & Cauliflower Bake	Slow Roasted Sirloin served with Gravy Crispy Roast Potatoes Roasted Seasonal Vegetables	Grilled Honey & Mustard Chicken Breast served with Basmati Rice & tossed Green Beans	Slow Cooked Pulled Beef & Slaw Sliders served with Potato Chips
Soya strips with Tomato Relish served with Spaghetti Garlic Rolls, Peas & Corn	Vegetarian Schnitzel with Mushroom Sauce, Potato Mash Broccoli & Cauliflower Bake	Roasted Tomato & Basil Tartlet served with Crispy Roast Potatoes, Roasted Seasonal Vegetables	Vegetable Lasagne Garlic Green Beans & Rosa Tomatoes, Feta	Jumbo Vegetable Spring Rolls served with Minted Peas & Chips
Greek Salad	Rustic Tomato & Cucumber Salad	Butternut & Beetroot, Feta Salad	French Salad	Fresh Garden Salad

*Green indicates the Vegetarian Option served with the same starch, vegetables & salad*

# LUNCH MENU



## WEEK THREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef Stroganoff served with Penne Pasta Garlic Rolls & Mixed Vegetables	Roasted Lemon & Herb Chicken served with Creamy Mash Potato Roasted Pumpkin & Green Beans	Garlic & Rosemary Lamb Pitas served with Herbed Roasted Baby Potatoes & Grilled Vegetables	Traditional Butter Chicken served with Basmati Rice Herbed Julienne Carrots & Julienne Baby Marrows	Crumbed Hake served with Tartar Sauce Chips & Minted Peas
Vegetable Stir-Fry Egg Noodles Corn on the Cob	Grilled Vegetable with Tomato Relish, Grated Cheese Taco Shells, Corn & Peas	Sweet Potato & Butternut Fritters Crispy Roasted Potatoes Broccoli & Cauliflower	Vegetable Kebabs Basmati Rice Roasted Butternut & Baby Marrows	Vegetarian Sausage Roll Chips Coleslaw
Butternut, Beetroot & Feta Salad	Baby Spinach, Egg & Crouton Salad	Rustic Tomato & Cucumber Salad	Sambal Salad	Fresh Fruit Salad

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## WEEK FOUR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Thai Sweet Chilli Chicken served with Basmati Rice Naan Bread Garlic Green Beans	Pulled Beef Pie Potato Mash with Gravy Roasted Butternut & Broccoli	Sticky Apricot Chicken served with Basmati Rice & Stir-Fry Vegetables	Traditional Beef Lasagne Garlic Rolls & Roasted Mixed Vegetables	Southern Fried Chicken Burgers served with Potato Chips Melange of Vegetables
Coconut Vegetable Curry Basmati Rice Naan Bread Garlic Green Beans	Vegetable Pot Pie Potato Mash with Gravy Gem Squash stuffed with Corn & Cheese	Honey, Soya & Sesame Vegetable Kebabs served with Egg Noodles Stir-Fry Vegetables	Butternut, Aubergine & Baby Marrow Lasagne Garlic Rolls Roasted Mixed Vegetable	Vegetarian Burgers served with Potato Chips Melange of Mixed Vegetables
Harvest Salad	Greek Salad	Baby Spinach, Crouton & Egg Salad	Sliced Salad	Fresh Garden Sliced

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