

# Weekly Lunch Menu



## Monday

### Soup of the Day

### Main Course

Spaghetti Bolognese with Pasta or Gluten Free Pasta & Garlic Bread

Basil and Sun-dried Tomato Sauce with Pasta or Gluten Free Pasta

Green Beans with Spinach

### Jacket Potato

Cheese or Baked Beans

### Pasta Bar

Tomato and Chilli Sauce

Ratatouille

### Salad Bar

Selection of Fresh Vegetables & Mixed Lettuce

Couscous Salad,

Coleslaw,

5-Bean Salad

### Baguettes

Selection of Sandwiches/Baguettes

### Dessert

Chocolate Brownies with White Chocolate Sauce

Jelly, Mixed Fruit Pot or Fruit

## Tuesday

### Soup of the Day

### Main Course

Turkey Taco with Spicy Rice

Vegetarian Mexican Taco with Rice

Stuffed Mix Peppers

Sweetcorn, Salsa and Guacamole

### Jacket Potato

Cheese or Baked Beans

### Pasta Bar

Beef Bolognese Sauce

Roast Veg Sauce

### Salad Bar

Selection of Fresh Vegetables & Mixed Lettuce

Grilled Fajita Spice Veg Salad

Mexican Coleslaw

Chicken Tikka Salad

### Baguettes

Selection of Sandwiches/Baguettes

### Dessert

Mixed Seeds and Chocolate Flap Jack

Jelly, Mixed Fruit Pot or Fruit

## Wednesday

### Soup of the Day

### Main Course

Lemon Thyme and Rosemary Grilled Chicken with Smoked Paprika Potato Wedges

Grilled Veg and Quorn Aromatic Rice

Roast Vegetables

### Jacket Potato

Cheese or Baked Beans

### Pasta Bar

Mexican Turkey Sauce

Basil and Tomato Sauce

### Salad Bar

Selection of Fresh Vegetables & Mixed Lettuce

Grilled Asparagus Salad

BBQ Coleslaw

Sun-Dried Tomato Salad

### Baguettes

Selection of Sandwiches/Baguettes

### Dessert

Chocolate and Vanilla Sponge with Custard

Jelly, Mixed Fruit Pot or Fruit

## Thursday

### Soup of the Day

### Main Course

Macaroni Cheese

Cauliflower Cheese

Tuna Pasta Bake

Carrots

Garlic Bread

### Jacket Potato

Cheese or Baked Beans

### Pasta Bar

Chicken Curry Sauce

Sweet and Sour Veg Sauce

### Salad Bar

Selection of Fresh Vegetables & Mixed Lettuce

Egg Salad

Lemon Coleslaw

Bean and Chicken Salad

### Baguettes

Selection of Sandwiches Baguettes

### Dessert

Mandarin Turn Over Cake & Orange Custard

Jelly, Mixed Fruit Pot or Fruit

## Friday

### Soup of the Day

### Main Course

Beef Burgers with Chips

Veggie Burgers with Chips

Onion Rings

Corn on the Cob & Garden Peas

### Jacket Potato

Cheese or Baked Beans

### Pasta Bar

Sweet Tomato Sauce

Tuna Sweetcorn Sauce

### Salad Bar

Selection of Fresh Vegetables & Mixed Lettuce

Cheese Coleslaw

New Potato Mayo Salad

Chickpea Salad

### Baguettes

Selection of Sandwiches Baguettes

### Dessert

Selection of Doughnuts

Jelly, Mixed Fruit Pot or Fruit