

## WEEKLY LUNCH MENU – Week One

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STARTERS	Chicken and Rice Soup.		Carrot and Coriander soup.		Minestrone Soup.
MAIN OPTIONS	Macaroni cheese topped with tomatoes, carrots and broccoli. ***** Breaded Chicken Fillets.	Chicken Curry served with Boiled rice. ***** Mediterranean Roasted Vegetables	Topside of beef, Roast potatoes and vegetables. ***** Vegetable fried rice.	Salmon Fish Cakes, chunky chips, peas and sweet corn. ***** Spinach and ricotta pastry.	Assorted Egg Omelets served with potato wedges and Salad.
DESSERTS		Ice Cream Roll with fruit cocktail. ***** Fruit & Yoghurt.		Eves Pudding and Custard. ***** Fruit and Yoghurt.	
SALAD BAR	Cooked Meat Platter.	Egg and Cheese Salad.	Spanish Quiche.	Tuna and red onion Pasta.	Vegetable satay.
Salad Bar includes lettuce, peppers, tomatoes, carrot sticks, celery, cucumber, Spring Onion, Red Onions, radish, Beetroot, Pickled Onions and Coleslaw.					

w/c Monday:

24<sup>th</sup> Oct 14<sup>th</sup> Nov 5<sup>th</sup> Dec

9<sup>th</sup> Jan 30<sup>th</sup> Jan 27<sup>th</sup> Feb 20<sup>th</sup> March