

WEEKLY LUNCH MENU – Week Three

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STARTERS	Lentil & Bacon soup.		Butternut squash and chilli soup.		Vegetable Soup.
MAIN OPTIONS	Steamed Sausage and onions, mash potatoes and veg. ***** Vegetable fried rice.	Chicken Supreme with boiled rice. ***** Roasted Mediterranean vegetables.	Honey glazed pork with crushed potatoes and veg. ***** Stuffed Baked Potatoes.	Battered Cod, chunky chips, peas and sweet corn. ***** Vegetable noodles in black bean sauce.	Assorted Pizza, smiley faces and beans.
DESSERTS		Caramelized Pineapple and ice cream. ***** Yoghurt and fruit.		Sticky toffee pudding with toffee sauce and cream. ***** Yoghurt and fruit.	
SALAD BAR	Tomato and bean pasta.	Vegetable Pakora and sweet chilli sauce.	Tuna and red onion pasta.	Savoury Rice.	Potato and spring onion salad.

Salad Bar includes lettuce, peppers, tomatoes, carrot sticks, celery, cucumber, Spring Onion, Red Onions, radish, Beetroot, Pickled Onions and Coleslaw.

w/c Monday:

7th Nov 28th Nov 19th Dec 23rd Jan

20th Feb 13th March