

Lunch Menu *Week One*



GREEN EARTH MONDAY

Tandy Cheese and Onion Quiche
Vegetable stir fry & noodles
Garden Peas, Baked Beans, Garden Salad

TUESDAY

Sweet & Sour Chicken with Rice
Tomato Pasta Bake
Jacket Wedges, Sweetcorn, Green Beans, Baked Beans Garden Salad

WEDNESDAY

Roast of the Day served with Traditional Accompaniments
Cauliflower Cheese Bake
Roast Potatoes, Carrots, Broccoli, Baked Beans, Garden Salad

THURSDAY

Chicken Balti Severed with Rice & Naan Bread
A Selection of Freshly Made Assorted Pizza Slices
Minted Peas, Mixed Vegetables, Baked Beans, Garden Salad

FRIDAY

Deep Fried Fish with Tartar Sauce
Hot BBQ Chicken baguettes
Chipped Potatoes, Mushy Peas, Baked Beans, Garden Salad

AVAILABLE DAILY

Dessert of the Day, Cakes, Biscuits, Fresh Fruit
Filled Jacket Potatoes, Assorted Snacks, Various Filled Sandwiches,
Rolls & Wraps, Fresh Salads

Lunch Menu *Week Two*



GREEN EARTH MONDAY

Oven Baked Vegetable Quesadillas
Mozzarella, Tomato & Roasted Vegetable Pasta Bake
Jacket Wedges, Broccoli, Sweetcorn, Garden Salad

TUESDAY

Home Made Chicken & Mushroom Pie
Loaded Mac & Cheese with Crispy Onions
New Potatoes, Carrots, Mixed Greens or Garden Salad

WEDNESDAY

Roast of the Day served with Traditional Accompaniments
Oven Baked Butternut, Chickpea & Lentil Loaf with Herb Gravy
Roast Potatoes, Cabbage, Sliced Carrots or Garden Salad

THURSDAY

Chicken Tikka With Rice & Naan Bread
Quorn Hot Dog
Cajun Wedges, Baked Beans, Cauliflower or Garden Salad

FRIDAY

Deep Fried Fish with Tartar Sauce
A Selection of Freshly Made Burritos
Chipped Potatoes, Mushy Peas, Baked Beans, Garden Salad

AVAILABLE DAILY

Dessert of the Day, Cakes, Biscuits, Fresh Fruit
Filled Jacket Potatoes, Assorted Snacks, Various Filled Sandwiches,
Rolls & Wraps, Fresh Salads

Lunch Menu *Week Three*



Green Earth Monday

Classic Pasta & Veggie Mince Bolognese
Vegetable Balti with Mixed Rice
Jacket Wedges, Garden Peas, Carrots or Garden Salad

TUESDAY

Beef Cottage Pie
Chinese Chip Shop Curry Vegetables Served with Mixed Rice
Green Beans, Cumin Roast Cauliflower or Garden Salad

WEDNESDAY

Roast of the Day Served with Traditional Accompaniments
Vegetable Wellington
Roast Potatoes, Broccoli, Fresh Carrots or Garden Salad

THURSDAY

Chicken Balti With Rice & Naan Bread
Creamy Italian Pasta Primavera
Spicy Potatoes, Sweetcorn, Mixed Vegetables or Garden Salad

FRIDAY

Deep Fried Fish/Fish Fingers with Tartar Sauce
Homemade Onion Bhaji Burger with Chilli Sauce
Chipped Potatoes, Mushy Peas, Baked Beans, Garden Salad

AVAILABLE DAILY

Dessert of the Day, Cakes, Biscuits, Fresh Fruit
Filled Jacket Potatoes, Assorted Snacks, Various Filled Sandwiches,
Rolls & Wraps, Fresh Salads