

LUNCH MENU - WEEK 2

MONDAY

SWEET N SOUR
CHICKEN
WITH
RICE

TUESDAY

TARAK'S LAMB CURRY
RICE
SAG ALOO

WEDNESDAY

ROAST CHICKEN &
GRAVY
ROAST POTATOES
SEASONAL
VEGETABLES

THURSDAY

CHICKEN AND RICE
JOLLOF

FRIDAY

BATTERED FISH
CHIPS
BAKED BEANS

MAIN MEAL

CHEESE & ROASTED
TOMATO QUICHE
WITH
SEASONAL VEG

ROASTED PEPPER AND
COURGETTE LASAGNE
AND
SALAD

ROASTED VEGETABLE
TAGINE WITH
APRICOTS

VEG CURRY WITH
COCONUT AND LIME

CHEESE AND
TOMATO PIZZA
WITH CHIPS
BEANS

VEGETARIAN

CHOCOLATE
SPONGE
&
CUSTARD

APPLE CRUMBLE
WITH
CUSTARD

ORANGE
GOOEY
SPONGE
WITH CUSTARD

CARAMEL SPONGE
CUSTARD

LEMON CURD CAKE
CUSTARD

HOT DESSERT

SAUSAGE ROLL

CHICKEN WRAP

BEEF BURGER

BBQ SAUSAGE IN A
HOT DOG ROLL

SNACK

FRESH
FOOD FOR AWESOME MINDS