

LUNCH MENU - WEEK 3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL

BBQ CHICKEN
THIGHS
PASTA
WITH SALAD

TARAK'S CHICKEN
CURRY
RICE
BOMBAY POTATO

ROAST PORK, GRAVY
ROAST POTATOES
APPLE SAUCE
MIXED VEGETABLES

PESTO STYLE
CHICKEN,RICE
AND
SALAD

BATTERED FISH
CHIPS
BAKED BEANS

VEGETARIAN

CHEESE & TOMATO
QUICHE WITH
MIXED SALAD &
SEASONAL VEG

STUFFED JACKET
POTATOES FILLED
WITH MED VEG
TOPPED WITH CHEESE

QUORN RICH TOMATO
SAUCE , ROAST
POTATOES &
VEGETABLES

ROASTED STUFFED
PEPPERS
(TOMATOES,GARLIC,FETA)
WITH
RICE

CHEESE & TOMATO
PIZZA WITH
CHIPS
AND BEANS

HOT DESSERT

CHOCOLATE
SPONGE
WITH
CHOCOLATE
CUSTARD

TOFFEE SPONGE
WITH CUSTARD

JAM & COCONUT
SPONGE
WITH
CUSTARD

RASPBERRY TRIFLE

APPLE FLAPJACK

SNACK

PANINIS

CHEFS WRAP

BBQ CHICKEN WRAP

SAUSAGE ROLL

VEGETABLE BURGER

FRESH
FOOD FOR AWESOME MINDS