



Weekly Menu Lunch

Sample Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Fresh soup of the day served with homemade bread	Fresh soup of the day served with homemade bread	Fresh soup of the day served with homemade bread	Fresh soup of the day served with homemade bread	Fresh soup of the day served with homemade bread
Stir fried Singapore chicken noodles served with prawn crackers	Lamb cottage pie with a cheesy potato topping	Caribbean theme day Jamaican jerk chicken served with coconut rice & pineapple salsa	Roast chicken served with sage & onion stuffing & homemade gravy	Crunchy breaded cod fillet served with tartare sauce Beef burger in a sesame bun with cheese
Butternut squash & mixed bean casserole (v)	Mushroom ravioli with spinach & sautéed mushrooms (v)	Caribbean vegetable coconut curry served with rice (v)	Caramelised red onion, cheddar & tomato quiche (v)	Grilled mushroom & halloumi burger (v)
Oven baked new potatoes Broccoli florets Carrots Jacket potatoes Pasta Bar Salad Bar	Savoy cabbage Garden peas Creamed swede Jacket potatoes Pasta Bar Salad Bar	Coconut rice & beans Sunshine vegetable medley Corn on the cob Jacket potatoes Pasta Bar Salad Bar	Roast potatoes Carrots Broccoli florets Jacket potatoes Pasta Bar Salad Bar	Chunky chips Baked beans Garden peas Jacket potatoes Pasta Bar Salad Bar
Fresh fruit salad pots Yoghurt pots Fresh fruit jelly pots	Fresh fruit salad pots Yoghurt pots Fresh fruit jelly pots	Tropical fruit & coconut trifle Fresh fruit salad pots Yoghurt pots Fresh fruit jelly pots	Fresh fruit salad pots Yoghurt pots Fresh fruit jelly pots	Banana chocolate chip sponge with custard Fresh fruit salad pots Yoghurt pots Fresh fruit jelly pots

Fresh Food From Scratch