



Summer Lunch Menu

This menu is available weeks commencing;
26th June, 17th July, 4th Sept, 25th Sept, 16th Oct



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Beef Bolognaise	 Concept Available Today	Roast Beef with Yorkshire Pudding & Gravy	Turkey Kashmiri	Catch of the Day with Tartare Sauce
Vegetarian Main Meal	Spanish Frittata	Chicken Fajita Veggie Chilli Homemade Nachos	Quorn and Vegetable Stir Fry	Roasted Vegetable and Pasta Cheese Bake	Spicy Vegetable Hot Wrap
On the Side	choose from our selection of fresh vegetables, salad, potatoes, rice and pasta our daily menu will confirm the days offer Chips are served on Fridays				
Chicken & Rice Bar 	Chicken in BBQ Sauce with Steamed Rice	Chicken in Garlic & Herb Sauce with Capsicum Rice	Jerk Chicken With Rice 'n' Peas	Chicken in Cajun Sauce with Braised Rice	Chicken in Sweet Chilli Sauce with Chips
Hot Dessert	Tropical Flapjack With Custard	Marbled Sponge with Chocolate Sauce	Courgette & Orange Cake with Custard	Apple & Mixed Berry Crumble With Custard	Wholemeal Banana Cake with Custard
Selection of Cold Meal Deals from the Grab & Go Section Sandwiches, Pasta Pots, Cold Desserts & Fruits					





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Summer Lunch Menu

This menu is available weeks commencing;
3rd July, 24th July, 11th Sept, 2nd Oct, 23rd Oct



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Moroccan Chicken Tagine	 Available Today Spicy Beef & Vegetable Burrito Mixed Bean & Cheese Enchilada	Roast Turkey with Stuffing & Gravy	Cottage Pie with Gravy	Catch of the Day with Tartare Sauce
Vegetarian Main Meal	Vegetables in Hoisin Sauce served with Noodles		Butternut Squash, Chick pea and Spinach Curry	Penne Pasta with a Spinach & Tomato Sauce	Stuffed Pepper with Rice & Summer Vegetables
On the Side	choose from our selection of fresh vegetables, salad, potatoes, rice and pasta our daily menu will confirm the days offer Chips are served on Fridays				
Chicken & Rice Bar 	Chicken in Black Bean Sauce with Steamed Rice	Tandoori Chicken with Yellow Rice	Chicken in Piri Piri Sauce with Vegetable Rice	Chicken Sweet & Sour Sauce with Fried Rice	Southern Breaded Chicken with Chips
Hot Dessert	Sticky Chocolate Pudding with Chocolate and Orange Sauce	Apple Pie with Custard	Lemon Drizzle Cake with Vanilla Sauce	Oaty Peach Crumble with Custard	Jam & Coconut Sponge with Custard

Selection of Cold Meal Deals from the Grab & Go Section
Sandwiches, Pasta Pots, Cold Desserts & Fruits



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Summer Lunch Menu

This menu is available weeks commencing;
10th July, 31st July 18th Sept, 9th Oct, 30th Oct



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Chicken in Black Bean Sauce	 Available Today Macaroni Cheese And Mince Beef & Vegetable Pasta Al Forna	Roast Chicken with Stuffing & Gravy	Home made Beef Burger in a Bun with Onions	Catch of the Day with Home Made Tartare Sauce
Vegetarian Main Meal	Roasted Vegetable Crumble		Spicy Vegetable Jambalaya	Broccoli, Cheese and Chive Quiche	Quorn Hot Dogs with Onions
On the Side	choose from our selection of fresh vegetables, salad, potatoes, rice and pasta our daily menu will confirm the days offer Chips are served on Fridays				
Chicken & Rice Bar 	Chicken in Red Onion Sauce with Steamed Rice	Chicken in Mexican Spicy Sauce with Vegetable Rice	Chicken in Tomato Sauce with Jollof Rice	Chicken in Barbecue with Sweet Corn Rice	Chicken in Curry Sauce with Chips
Hot Dessert	Pineapple Upside Down Cake with Custard	Cherry Crumble with Custard	Chocolate Pudding with Chocolate Sauce	Pancake with Apple & Cinnamon Sauce and Whipped Cream	Pear & Ginger Cake with Custard
Selection of Cold Meal Deals from the Grab & Go Section Sandwiches, Pasta Pots, Cold Desserts & Fruits					



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