

Week 1
Lunch

Monday

Tuesday

Wednesday

Thursday

Friday

TASTY
ENTREE

Chargrilled Honey &
Garlic Chicken in Roasted
Tomato Sauce

Home-made Beef Lasagne

Roast Turkey or
Honey Glazed Roast
Gammon

Beef in Black Bean Sauce

Fresh Battered Fish
Fish Fingers
Battered Sausages
Fishcakes
Steamed Fish
Battered Vegetarian
Sausage

VEGGIE
LOVERS

Creamy Mushroom
Stroganoff

Butternut & Ricotta
Lasagne

Vegetarian
Roast

Vegetarian Lo Mein

Light
BITES

Penne Pasta with a Choice
of Rich Tomato or Seafood
Sauces

Gluten Free Minestrone
Soup

Leek & Potato Soup with
Home-Made Bread

Gnocchi with Roasted
Tomato Sauce

Pasta with Tomato &
Roasted Vegetable Sauce

on the
SIDE

Creamy Mashed Potato,
Steamed Carrots
Fresh Steamed Broccoli
Salad Bar

Garlic & Herb Focaccia
Green Beans
Sweetcorn
Salad Bar

Roast Potatoes
Cauliflower Cheese
Carrots
Garden Peas

Steamed Rice
Prawn Crackers
Green Vegetable Medley
Spring Rolls

Chips
Baked Beans
Garden Peas
Mushy Peas
Curry Sauce

TASTY
PUDDS

Tottenham Cake

Apple & Berry Crumble

Panna Cotta

Fruity Flapjack
Greek Yoghurt with Honey
& Berries
Fresh Fruit Pots

Lemon Cake
with Butter Icing
Orange Jelly
Fresh Fruit Pots

Sliced Melon

Fresh Pineapple Slices

Fresh Fruit Pots

Home made bread, selection of salads & fresh fruit are available daily.