



Lunch Menu Week 4

W/C 22 nd Sept	Meat Free Mondays Monday	Tuesday	Wednesday	Thursday	Friday
SOUP	<i>Chef Special Soup of the Day Served Daily</i>				
HOT MAINS	Tomato & Basil Pasta	Ham Roast Dinner with New Potatoes & Seasonal Vegetables	Chicken Shawarma, Salad & Wraps	Meatball Sub with Tortilla Chips	Fish Fingers or Fish Cake served with Chips
	Red Pepper Quiche	Vegetable & Lentil Stew	Tomato Pasta	Vegetable Paella	Veggie Burger in a Bun with Chips
CHEF SPECIAL	Special Fried Rice	Vegetable Roast	BBQ Chicken with Rice	Veg & Rice Enchiladas	Jacket Potatoes
DESSERT	Fresh Fruit Salad	Vanilla Cheesecake	Sponge	Ice Cream	Crackers and Cheese

Available Daily: Jacket Potatoes with tuna, cheese or beans, salad, fresh fruit and Yoghurt