



Lunch Menu Week 5

W/C 29 th Sept	Meat Free Mondays Monday	Tuesday	Wednesday	Thursday	Friday
SOUP	<i>Chef Special Soup of the Day Served Daily</i>				
HOT MAINS	Vegan Ravioli in Homemade Tomato Sauce with Crusty Bread	Irish Stew with Crusty Bread	Carbonara Penne Pasta Bake with Peas & Garlic Bread	Pizza served with Wedges and Beans	Homemade Battered Fish served with Homemade Chips
	Singapore Noodles	Spanish Omelette with Salad	Vegetable & Rice Enchiladas	Tomato Pasta	Veggie Sausage Rolls
CHEF SPECIAL	Ask Chef what the Special is today!	Beef Curry & Rice	Ask Chef what the Special is today!	Ask Chef what the Special is today!	Jacket Potatoes
DESSERT	Fresh Fruit Bowl	Apple Crumble and Cream	Sticky Toffee Pudding	Ice Cream	Rich Chocolate Cookies

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