

LUNCH MENU - WEEK 3

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GRAB & GO	Ham sandwich, cheese sandwich, tuna sandwich, salad pots, selection of speciality salads, baguettes or wraps				
PASTA BAR	Plain pasta, cheese pasta, tomato pasta, jacket potato, baked beans				
MAIN	Charred Stem Broccoli Pesto Pasta Bake Dressed Salad	Sweet Chilli Chicken & Pepper Noodle Prawn Crackers	Pepperoni Pizza Seasoned wedges & Sweetcorn	Cornish Pasty Bubble & Squeak Peas & Gravy	Battered Fish & Chips with Petit Pois
VEGETARIAN	Mexican Vegetable Chilli Enchiladas Vegetable Rice	Mushroom & Spinach Lasagne Dressed salad Garlic Bread	Roast Vegetable Frittata Seasoned Wedges & Sweetcorn	Chickpea & Vegetable Curry Rice & Naan Bread	Garlic & Ginger Spring Vegetable Stir-Fry
DESSERT	Selection of cakes, traybakes, flapjacks or Chef's special dessert of the day				
	Jelly, fresh fruit and Greek yoghurt				

