



# saturday MENU

Sample menu

# sunday MENU

WEEK  
3

## lunch

### Stir Fry Bar...

Sweet & Sour Chicken  
Chili Beef  
Vegetables in Black Bean Sauce

### With...

Egg Noodles  
Egg Fried Rice  
Prawn Crackers

### Salads...

Dressed Salmon or Coronation  
Chicken & Selection of Salads

### Pudding...

Fresh Fruit Salad

## supper

### Main Event...

Meaty Pizza

### Meat Free Zone...

Cheesy Pizza

### With...

Thick Cut Chips  
Coleslaw

### Big Bowl Salads....

Caesar Salad  
Mixed Leaves  
Crudité's

### Pudding...

Profiteroles with Chocolate  
Sauce

## lunch

### Deli Bar...

Selection of wraps, rolls, paninis,  
baguettes served with  
meat, fish and cheese selection

### Salad Bar...

Chef's Salad  
Greek Salad  
Three Bean Salad  
Pasta Salad

### Pudding...

Cupcake decorating bar

## supper

### Main Event...

Roast Chicken

### Meat Free Zone...

Roasted Quorn and Mediterranean  
Vegetables

### With...

Roast Potatoes  
Broccoli  
Baton Carrots  
Homemade Gravy

### Big Bowl Salads....

Greek Salad  
Mixed Leaves  
Crudité's

### Pudding...

Apple Crumble