



WEEK
3



SUPPER

Sample Menu

Monday

Tuesday

Wednesday

Thursday

Friday

Available everyday

Soup...
Chunky Vegetable(V)

Soup...
Minestrone (V)

Soup...
Carrot & Coriander (V)

Soup...
Chunky Tomato & Basil(V)

Soup...
Sweet Potato (V)

Main Event...
Butcher's Sausages served with Onion Gravy

Main Event...
Chicken and Prawn Paella served with a Pineapple Salsa

Main Event...
Lamb Tagine served with Garlic & Rosemary Flat Breads

Main Event...
Chinese Beef or Prawn Vegetable Stir Fry

Main Event...
Sweet Chili Grilled Chicken burger

Big Bowl Salads of the Day

Meat Free Zone...
Cheese Quiche or Salmon

Meat Free Zone...
'Nut Free' Pesto Linguine

Meat Free Zone...
Four Cheese Pizza

Meat Free Zone...
Build your own Asian Noodle Soup

Meat Free Zone...
Spicy Bean Burger

Crudites

With...
Mashed Potato
Garlic Buttered Greens
Roasted Cherry Tomatoes

With...
Chef's Salads

With...
Lemon & Herb Cous Cous
Roasted Aubergine & Peppers

With...
Egg Noodles
Soy Ginger Broccoli and Pak Choi

With...
Caramelized Onions,
Salsa, Coleslaw,
Sliced Cheese,
Cajun Potato Wedges

Yoghurt Bar with various fruit sauces and toppings

Pudding...
Chocolate Brownie mini pots

Pudding...
Apple Cinnamon Sponge with Yoghurt Drizzle

Pudding...
Fruity Flapjack

Pudding...
Lemon Drizzle Cheesecake

Pudding...
Rocky Road