

# LUNCH MENU

## WEEK ONE

31<sup>st</sup> August, 14<sup>th</sup> September, 28<sup>th</sup> September, 12<sup>th</sup> October

We are passionate about serving fresh, locally sourced food that is cooked in our kitchen.



Monday

Tuesday

Wednesday

Thursday

Friday

### Deli Ham Salad Sandwich

Wholemeal bread with sliced ham, tomato, lettuce & Cucumber.

### Deli Cheese Salad Sandwich

Wholemeal bread with tasty cheese, tomato, lettuce & Cucumber

### Homemade Flapjack

Oats and syrup baked in a chewy bar

### Chicken & Tomato Pasta Pot

Diced chicken in homemade tomato & basil sauce

### Tomato & Basil Pasta Pot

Fusilli pasta with herby tomato sauce and fresh basil

### Chocolate Cookie

Reduced sugar chocolate chewy cookie

### Just Chicken Tortilla Wrap

Chicken fillet sliced and wrapped in a corn tortilla wrap

### Egg Tortilla Wrap

Sliced egg & shredded iceberg lettuce in a corn tortilla wrap

### Strawberry Mousse

Creamy strawberry flavoured mousse

### Tuna Crunch Pasta

Whole wheat pasta with crunchy peppers, spring onion, sweetcorn mixed with tuna & Mayo

### Spring Crunch Pasta

Crunchy peppers, spring onions, sweetcorn mixed with pasta and mayo

### Carrot & Pineapple Muffin

Spiced with cinnamon

### Ham Salad Pitta

Chopped ham and mixed salad served in a pitta bread

### Veggie Dipper Pitta

Vegetable Dippers with mixed salad served in a pitta bread with yoghurt & mint dressing

### Jelly Pot

Fruit Jelly

Vegetable Crudités, Seasonal Fresh Fruit, Home Made Yoghurt & Bottled Water available daily

# LUNCH MENU

WEEK TWO

7<sup>th</sup> September, 21<sup>st</sup> September, 5<sup>th</sup> October, 19<sup>th</sup> October

We are passionate about serving fresh, locally sourced food that is cooked in our kitchen.



Monday

Tuesday

Wednesday

Thursday

Friday

## Ham Salad Tortilla Wraps

Sliced ham with fresh salad served in a tortilla wrap

## Cheese & Ham Pasta Pot

Chopped ham and grated mature cheddar mixed with fusilli pasta and mayonnaise

## Tuna & Cucumber Sandwich

Wholemeal bread with Tuna mixed with mayo and sliced cucumber

## Chicken Crunch pasta

Diced chicken, spring onions, peppers mixed with wholemeal pasta & mayo

## Classic Savoury Cheese Wrap

Grated mature cheddar with spring onion mixed with mayo served in a tortilla wrap with iceberg lettuce

## Cheese Salad Tortilla Wrap

Grated mature cheddar with fresh salad served in a tortilla wrap

## Cheese pasta

Fusilli pasta mixed with fresh tomato sauce and mixed with mature grated cheese

## Egg & Cucumber Sandwich

Wholemeal bread with chopped egg in mayonnaise and sliced cucumber

## Spring Crunch Pasta

Chopped onion, pepper and cucumber mixed with wholemeal pasta in mayo

## Classic Savoury Cheese Wrap

Grated mature cheddar with spring onion mixed with mayo served in a tortilla wrap with iceberg lettuce

## Lemon cookie

Zesty lemon cookie

## Banana Muffin

Spiced with mixed spice

## Jelly Pot

Fruit Jelly

## Chocolate Mousse

Chocolate flavoured mousse

## Yoghurt Pot

Zingy fruit yoghurt

Vegetable Crudités, Seasonal Fresh Fruit, Home Made Yoghurt & Bottled Water available daily