



LUNCH MENU

Week Commencing 02.12.2019

	Monday	Tuesday	CARIBBEAN Wednesday	Thursday	Friday
Soup of the Day	<i>Roast Mix Peppers</i>	<i>Cauliflower & Cream</i>	<i>Rice & Peas</i>	<i>Tomato & Basil</i>	<i>Spinach & Curry</i>
Starter Bread	<i>A wide selection of homemade salads are available from the Salad'Bar</i>				
	<i>Freshly Home Baked Bread daily</i>				
International	<i>Dice Beef Estouffade</i>	<i>Spicy Bacon</i>	<i>JERK CHICKEN</i>	<i>Lamb & Gravy</i>	<i>Fish & Chips</i>
Traditional	<i>Catch Of The Day</i>	<i>Beef burger</i>	<i>Hawaii Fish Casserole</i>	<i>Parsley & chive Omelette</i>	<i>Roast Pork</i>
Vegetarian	<i>Leek & Cheese Quiche</i>	<i>Vegetable Burger</i>	<i>Quorn Mince ACCRAS</i>	<i>Courgette Chausson</i>	<i>Vegan Stew</i>
On the Side	<i>Couscous Peas & Sweet corn</i>	<i>Potato Wedges Roasted Courgettes</i>	<i>Fried Rice & Caribbean veg stew</i>	<i>pasta Green Beans & garlic</i>	<i>Chips Green Peas</i>
Cheeseboard	<i>A selection of Continental Cheeses</i>				
Dessert	<i>Banana Mousse</i>	<i>Yoghurt Cake</i>	<i>Besito de coco</i>	<i>Carrot Cake</i>	<i>Fruit Jelly</i>
Yoghurt & Fruit	<i>A selection of Homemade Yoghurt, dessert pots and Fruits pots , plus Whole Seasonal Fresh Fruit</i>				