



LUNCH MENU

Week Commencing 09/11/2020

	Monday	Tuesday	SIERRA LEONE Wednesday	Thursday	Friday
Starter	<i>Grated Carrots & Sultanas</i>	<i>Cauliflower & Curry salad</i>	<i>Beans Salad bowl</i>	<i>Roast Vegetables Salad</i>	<i>Tomato & Fresh Herbs</i>
Soup of the day	<i>Freshly Homemade Soup</i>				
Bread	<i>Freshly Home Baked Bread daily</i>				
International & Traditional	<i>Marinated Diced Chicken</i>	<i>Catch of the day</i>	<i>Pepper Chicken</i>	<i>Beef Estouffade</i>	<i>Breaded fish</i>
Vegetarian	<i>Vegan casserole</i>	<i>Vegetarian cake</i>	<i>Cassava Leaf Stew</i>	<i>Courgette Chausson</i>	<i>Vegan Casserole</i>
On the Side	<i>Pasta & Green beans</i>	<i>Steamed potatoes & Sauteed peas</i>	<i>Jollof Rice & fried veg</i>	<i>Couscous & Roast Courgette</i>	<i>Chip's & peas</i>
Cheese / fruits	<i>Continental Cheese and fresh fruit are available every day</i>				
Dessert	<i>Vanilla Cream</i>	<i>Apple Cake</i>	<i>Banana Akaras</i>	<i>Lemon cake</i>	<i>Fruit jelly</i>