



LUNCH MENU

Week Commencing 20.09.2021

	Monday	Tuesday	JAMAICAN Wednesday	Thursday	Friday
Starter	<i>Cucumber & Mint salad</i>	<i>Diced Beetroot & boiled egg</i>	<i>Rice & Peas</i>	<i>Cauliflower salad</i>	<i>Grated Carrots & orange dressing</i>
Soup of the day	<i>Freshly Homemade Soup</i>				
Bread	<i>Freshly Home Baked Bread daily</i>				
International & Traditional	<i>Chicken Casserole</i>	<i>Catch Of The Day (Fish)</i>	<i>Jerk Chicken</i>	<i>Spicy Beef sausage</i>	<i>Fish & Chips</i>
Vegetarian	<i>Cheesy Courgette Chausson</i>	<i>Vegetable Burger</i>	<i>Aubergine Accra's</i>	<i>Vegan stew</i>	<i>Vegetable cake</i>
On the Side	<i>Roast Potatoes Green beans & Carrots</i>	<i>Pilaf Pasta Cauliflower & Parsley</i>	<i>Fried Rice Caribbean Veg Stew</i>	<i>couscous Ratatouille</i>	<i>Chips Green Peas</i>
Cheese / fruit	<i>Continental Cheese and fresh fruit are available every day</i>				

Dessert	<i>Apple & Yoghurt Duo</i>	<i>Carrot Cake</i>	<i>Besito de coco</i>	<i>Vanilla cream</i>	<i>Fruit Jelly</i>