



LUNCH MENU

Week Commencing 03/10/2022

	Veggie Monday	Tuesday	JAMAICAN Wednesday	Thursday	Friday
<b>Starter</b>	<i>Salad Bar</i>	<i>Salad Bar</i>	<i>Salad Bar</i>	<i>Salad Bar</i>	<i>Salad Bar</i>
<b>Soup of the day</b>	<i>Freshly Homemade Soup</i>				
<b>Bread</b>	<i>Freshly Home Baked Bread daily</i>				
<b>International &amp; Traditional</b>	<i>Blanket de champignon et legume</i>	<i>Ragout De Beuf</i>	<i>Jerk Chicken</i>	<i>Spicy Pork sausage</i>	<i>Fish &amp; Chips</i>
<b>Vegetarian</b>	<i>Cheesy Zucchini</i>	<i>Vegan Pasta Arrabiatta</i>	<i>Aubergine Accra's</i>	<i>Vegan stew</i>	<i>Vegetable cake</i>
<b>On the Side</b>	<i>Bulgur Green beans &amp; Carrots</i>	<i>Pilaf Pasta Carrot &amp; Parsley</i>	<i>Fried Rice Caribbean Veg Stew</i>	<i>Potato Mash Ratatouille</i>	<i>Chips Green Peas</i>
<b>Cheese / fruit</b>	<i>Continental Cheese and fresh fruit are available every day</i>				

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