



LUNCH MENU

Week Commencing 10/10/2022

	Monday	Tuesday	PORTUGUESE 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>Mc &amp; Cheese</i>	<i>Diced Beef Marmite</i>	<i>Portuguese Chicken</i>	<i>Roast Gammon &amp; Gravy</i>	<i>Breaded Cod</i>
<b>Vegetarian</b>	<i>Vegan Risotto</i>	<i>Butternut Squash Curry</i>	<i>Vegetarian Feijoada</i>	<i>Bake d Vegan Pasta</i>	<i>Vegan Stew</i>
<b>On the Side</b>	<i>Spicy Wedges Green Beans</i>	<i>Pilaf Rice &amp; Carrots</i>	<i>Peppers Rice &amp; espinafre</i>	<i>Pasta &amp; Crunchy Salad</i>	<i>chips &amp; peas</i>
<b>Cheese / fruits</b>	<i>Continental Cheese and fresh fruit are available every day</i>				
<b>Dessert</b>	<i>Vanilla Cream</i>	<i>Apple &amp; cinnamon</i>	<i>Natilla</i>	<i>Rice pudding cake</i>	<i>Fruit jelly</i>