

# Lunch menu - Week 3

## Meat free Monday

### Main

Vegetable Biryani

Paneer & Pea Masala /  
Steamed Rice (V)

### Sides

Cauliflower Manchurian  
Raita  
Naan Bread

### Dessert

Fruit Pots & Whole Fruit

## Tuesday

### Main

Jamaican Jerk Chicken

Pumkin & Coconut  
Caribbean Stew (V)

### Sides

Rice & Peas  
Sauté Vegetables  
Mango Salsa / Jerk  
Sauce

### Dessert

Fruit Pots & Whole Fruit

## Wednesday

### Main

Spaghetti Bolognese

Creamy Gnocchi with  
Butternut Squash &  
Spinach Pesto (V)

### Sides

Caponata  
Garlic bread

### Dessert

Fruit Pots & Whole Fruit

## Thursday

### Main

Sticky Teriyaki Chicken

Sticky Teriyaki Quorn (V)

### Sides

Stir fried vegetables  
Sticky rice  
Rice pancakes  
Cucumber relish

### Dessert

Fruit Pots & Whole Fruit

## Friday

### Main

Thai Fish Cakes with  
Sweet Chilli

Falafel with Minted  
Hummus & Lime (V)

### Sides

Tiger Fries  
Pickled Red Cabbage &  
Onions  
Steamed Vegetables

### Dessert

Fruit Pots & Whole Fruit

### Additional options available daily:

Salad bar with a mix of simple and composite salads / Jacket Potato bar with assorted toppings

Pasta bar with assorted toppings & sauces / Freshly made soups with a range of toppers

Grab & Go: Salad boxes & baguettes

*All our meals are freshly made*

WEEK 3