

# Lunch menu - Week 1

## Monday

Baked macaroni & cheese (V)  
or  
Spaghetti in Vegetable Ragu & Lentil

**Sides**  
Steamed vegetable & Garlic bread

Dessert  
Yoghurt pots, fruit pots & whole fruit

## Tuesday

Quorn & mushroom chipotle quesadilla (V)  
or  
Fajita seasoned chicken quesadilla

**Sides**  
Garlic and Paprika new potato's

Salsa, sour cream & guacamole  
Tortilla chips

**Dessert**  
Yoghurt pots, fruit pots & whole fruit

## Wednesday

Chana saag (V)  
or  
Chicken tikka masala

**Sides**  
Saffron rice

Indian Spiced Vegetables

Poppadum's Riata

**Dessert**  
Yoghurt pots, fruit pots & whole fruit

## Thursday

Vegetable Moussaka with grilled eggplant and lentil  
or  
Traditional Lamb Moussaka

**Sides**  
Garlic thyme roasted potato's

Ciabatta wedges with tzatziki

**Dessert**  
Yoghurt pots, fruit pots & whole fruit

## Friday

Roast vegetable Spanish Torta  
or  
Home battered fish

**Sides**  
Chipped potatoes  
Peas  
Carrots

**Dessert**  
Yoghurt pots, 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 toppings  
Grab & Go options: Salad boxes & baguettes

*All our meals are freshly made*

WEEK 1