



WEEK 3 LUNCH



## Monday

### Main Course

Potatoes, Chickpea &  
Spinach Curry with  
Basmati Rice

### Sides

Curried Cauliflower  
Carrot Batons  
Selection of  
Condiments

Jacket Potato Bar  
Salad Bar

### Dessert

Chocolate Chip  
Cookies  
Yoghurt Bar  
Fresh Fruit

## Tuesday

### Main Course

Chicken Caesar Salad  
Egg Caesar Salad

### Sides

Cos Lettuce  
Bagel Croutons  
Caesar Dressing

Jacket Potato Bar  
Salad Bar

### Dessert

Yoghurt Bar  
Fresh Fruit

## Wednesday

### Main Course

Chicken Paella  
Spanish Tortilla with  
Gazpacho Dressing

### Sides

Roast Mediterranean  
Vegetables  
Rocket Salad

Jacket Potato Bar  
Salad Bar

### Dessert

Chocolate Brownie  
Yoghurt Bar  
Fresh Fruit

## Thursday

### Main Course

Beef Lasagne  
Vegetable & Lentil  
Lasagne

### Sides

Sweetcorn Kernels  
Garlic Bread

Jacket Potato Bar  
Salad Bar

### Dessert

Lemon & Ginger  
Slice  
Yoghurt Bar  
Fresh Fruit

## Friday

### Main Course

Chicken Nuggets  
Vegetable Nuggets

### Sides

French Fries  
Selection of Dips  
Garden Peas

Jacket Potato Bar  
Salad Bar

### Dessert

Yoghurt Bar  
Fresh Fruit

