


Lunch Menu







This Menu is available on the following weeks, date commencing; 31st August, 21st Sep, 12th Oct, 2nd Nov, 23rd Nov, 14th Dec

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	 Beef Bolognaise or Quorn Ragu in a rich tomato sauce	 Marinated Chicken Pieces or Spicy Bean Burger Also with Potato Wedges Homemade Slaw Turmeric Rice	 Roasted Pork Loin Apple Sauce Apricot & Parsley Stuffing Balls Gravy Served with Crispy Roast Potatoes & Vegetables Or	 Delhi Chicken Curry or Mughlai Vegetable Korma Turmeric Rice Bombay Potato Naan Bread Mango Chutney Mint Yoghurt	 Battered Fish Lemon Tartare sauce Piri Piri Spiced Vegetable Wrap Chips, Peas or Baked Beans
Vegetarian Main Meal	Penne Pasta Garlic Slice Mxed salad	Also with Potato Wedges Homemade Slaw Turmeric Rice		Turmeric Rice Bombay Potato Naan Bread Mango Chutney Mint Yoghurt	Piri Piri Spiced Vegetable Wrap Chips, Peas or Baked Beans
On the Side	A Choice of Fresh Vegetables & Salad daily				
Spuds 'n Soup	Selection of Baked Potato with filling choices Home Made Soup of the Day, bread, croutons & toppers				
Pizza Market Pasta Kitchen		Authentic Sauces served daily with Pasta Tugo Pizza 7" individual topped or Cheese & Tomato Slice			
Family Favourites	Chocolate Orange Brownie With Chocolate Sauce	Peach Upside Down Cake with Custard	Toffee Apple Crumble & Custard	Lemon Drizzle Cake	Jam Sponge & Custard

A daily selection of fresh Grab & Go items are also available. Some dishes may vary and are subject to availability.

Lunch Menu

This Menu is available on the following weeks, date commencing; 7th Sep, 28th Sep, 19th Oct, 9th Nov, 30th Nov

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal					
Vegetarian Main Meal	Butchers Sausages & Mashed Potatoes Or Black Bean Veggie Street Noodles	Flavoured Chicken Strips or Falafels Served in a Wrap Humous Sauces Coleslaw Chickpea Shawarma	Roasted Turkey Crown Cranberry Sauce Stuffing Gravy Served with Crispy Roast Potatoes & Vegetables or 	Madras Chicken Curry or Mughlai Chickpea & Lentil Dahl Lemon & Coriander Rice Nan Bread Bombay Potato Mango Chutney Mint Yoghurt	Battered Fish Lemon Tartare sauce Or Quorn Sausages Chips, Peas or Beans
On the Side	A Choice of Fresh Vegetables & Salad daily				
Spuds 'n Soup	Selection of Baked Potato with filling choices Home Made Soup of the Day, bread, croutons & toppers				
Pizza Market Pasta Kitchen		Authentic Sauces served daily with Pasta Tugo Pizza 7" individual topped or Cheese & Tomato Slice			
Family Favourites	Choclate & Apple Cake with	Marble Crunch & Custard	Fruit Crumble & Custard	Iced Carrot Cake	Chocolate Brownie & Chocolate Sauce

A daily selection of fresh Grab &Go items are also available. Some dishes may vary and are subject to availability.

Lunch Menu

This Menu is available on the following weeks, date commencing: 14th Sep, 5th Oct, 26th Oct, 16th Nov, 7th Dec

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	 Beef Burger in a Bun Or Cheesy Quorn Dog Selection of Sauces Herby Diced Potatoes House Slaw	 Beef Chilli Or Spiced Vegetable Burrito Herby Rice Sour Cream Salsa Nachos	 Roast Chicken, Stuffing & Gravy Served with Crispy Roast Potatoes & Vegetables or 	 Chicken Tikka Masala Mughlai Vegetable Korma Turmeric Rice & Naan Bread Mango Chutney Mint Yoghurt	 Battered Fish Lemon Tartare sauce Chips & Peas or Beans Or Sweet Chilli Street Noodles
Vegetarian Main Meal					
On the Side	A Choice of Fresh Vegetables & Salad daily				
Spuds 'n Soup	Baked Potato with filling choices Home Made Soup of the Day, bread, croutons & toppers				
Pizza Market Pasta Kitchen		Authentic Sauces served daily with Pasta Tugo Pizza 7" individual topped or Cheese & Tomato Slice			
Family Favourites	Apple Sponge & Custard	Banana Bread & Custard	Apple & Cinnamon Crumble With Custard	Sticky Toffee Pudding & Custard	Chocolate Sponge & Chocolate Sauce

A daily selection of fresh Grab & Go items are also available. Some dishes may vary and are subject to availability.