Sample lunch menu

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Homemade soup \& bread | Homemade soup \& bread | Homemade soup \& bread | Homemade soup \& bread | Homemade soup \& bread | Brunch | Breakfast |
| Vegetable Thai red curry | BBQ free range chicken breast \& sweetcorn | Sweet \& sour pork | Macaroni cheese | Battered fish \& chips |  | Sunday lunch |
| Jerk pulled jackfruit | salsa <br> Mixed vegetable frittata | Mixed bean \& sweet potato fricassee | Supreme of chicken breast with spicy tomato sauce | Vegetable biryani | Salad bar \& jacket |  |
| Potato, rice or noodles, 3 types of vegetables | Potato, rice or noodles, 3 types of vegetables | Potato, rice or noodles, 3 types of vegetables | Potato, rice or noodles, 3 types of vegetables | Potato, rice or noodles, 3 types of vegetables | potatoes | Salad bar \& jacket potatoes |
| Subs/wrap/roll/ sandwich of the week | Subs/wrap/roll/ sandwich of the week | Subs/wrap/roll/ sandwich of the week | Subs/wrap/roll/ sandwich of the week | Subs/wrap/roll/ sandwich of the week |  |  |
| Salad bar (protein options) | Salad bar (protein options) | Salad bar (protein options) | Salad bar (protein options) | Salad bar (protein options) |  |  |
| Fresh fruit \& flavoured yoghurt | Fresh fruit \& flavoured yoghurt | Fresh fruit \& flavoured yoghurt | Fresh fruit \& flavoured yoghurt | Fresh fruit \& flavoured yoghurt | Fresh fruit \& flavoured yoghurt | Fresh fruit \& flavoured yoghurt |

