# GOOD FOOD LUNCH MENU

### **MONDAY**

#### TUESDAY 🔆

## **WEDNESDAY**

#### THURSDAY 🔆

Main meal:

Shepherd's pie served with roasted vegetables

vegetarian meal:

Quorn & vegetable cottage pie served with roast vegetables and a rich gravy

FRIDAY :

Main meal:

Salmon fish fingers served with herb diced potato g glazed carrots

vegetarian meal:

Vegetarian spiral pie served with spiced tomato sauce & fresh salad

**EVERYDAY** 

Main meal:

Roast chicken served with roasties, vegetables, stuffing ggravy

Vegetarian meal:

Garlicky mushroom penne pasta served with garlic bread Main meal:

Chicken biryani and spiced rice served with mint yoghurt § pitta bread

vegetarian meal:

Míxed bean & butternut Quesadíllas served with chilli wedges

NOTES

#### Main meal:

Lamb burger served with chip g a choice of peas or baked beans

vegetarian meal:

vegetable stir fry served with egg fried rice

Yoghurt Pot

Boxed salad

Fruit Pot

Whole fruit

Assorted sandwiches

Flapjack/Brownie

Jelly pot