## HALAB Sdroob LONCH MOENO

All meals include each of the following options:

- Freshly made Soup of the day or Starter
- Drink option including: Plain milk, water (assorted fruit juice, flavoured milk or aqua 67-p4-7 only)
- Bread Basket
- Crudite Platter - peppers, baby corn, cucumber, carrot and half cherry tomatoes Allergies: Before you order food and drink, please speak to a member of the catering team if you have a food allergy or intolerance.
(V) - Vegetarian Option

Note: After any holiday the Ist day back will always be the Monday menu and then the normal days will follow.


| $\begin{gathered} \text { WEEK } 1 \\ 21 / 10,11 / 11,02 / 12, \\ 06 / 01 / 20,27,01,1702, \\ 09 / 03,30 / 03 \end{gathered}$ | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| :---: | :---: | :---: | :---: | :---: | :---: |
| SOUP IT UP | Soup of the Day | Fruit Platter | Soup of the Day | Melon Wedges | Soup of the Day |
| Main Meal 1 | Fish \& Chips with Garden Peas <br> (F) | Italian Chicken Pasta Bake served with Green beans (C) | Flaked Salmon Fillet with Oriental Veg and Noodles (F) | Pasta Bolognaise with Fresh Broccoli <br> (B) | Chicken Korma Fillet served with Savoury Rice Box <br> (C) |
| Main Meal 2 | Tomato \& Mozzarella Pasta with Garlic Bread and Roasted Vegetables (V) | Quorn Dippers with a Warm Wrap and Crunchy Salad <br> (V) | Cheese \& Tomato Pizza with Crusty Bread \& Summer Corn Salad (V) | Homemade Vegetarian Sausage Roll with Mashed Potato and Seasonal Veg (V) | Quorn Burger with Warm Bun and Sliced Tomato <br> (V) |
| Filled Baked Potatoes Filled sandwiches and baguettes served with salad | Cheese (V), Tuna Mayonnaise (F) or Egg Mayonnaise (V) (V) |  |  |  |  |
| DESSERT | Fresh Fruit Platter | Othello Biscuit | Fresh Fruit Platter | Spiced Apple Muffin | Fresh Fruit Platter |


| WEEK 2 <br> 28/10, 18/11, 09/12 13/01/20, 03/02, 24/02 16/03 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| :---: | :---: | :---: | :---: | :---: | :---: |
| SOUP IT UP | Soup of the Day | Selection of Fruit | Soup of the Day | Melon Wedges | Soup of the Day |
| Main Meal 1 | Sausages in Gravy with Creamy Mashed Potatoes and Seasonal Vegetables (C) | Macaroni Cheese with Garlic Bread and Crunchy Salad <br> (v) | Steak Pie with Baby Boils and Seasonal Vegetables <br> (B) | Chicken Curry with Wild Rice and Spiced Onions <br> (C) | Tuna Mayo \& Sweetcorn Pasta with Crunchy Salad <br> (F) |
| Main Meal 2 | Omelette, Potato Wedges and Seasonal Veg <br> (V) | Chicken Bites served with a Warm Wrap and Roasted Veg <br> (C) | Cheesy Beanos served with Crunchy Salad <br> (V) | Cheese \& Tomato Pizza with Herby Bread \& Mixed Salad <br> (V) | Quorn HotDog in a Finger Roll served with Relish \& Cherry Tomatoes (V) |
| Filled Baked Potatoes Filled sandwiches and | Cheese (V), Tuna Mayonnaise (F) or Egg Mayonnaise (V) |  |  |  |  |
|  | Fresh Fruit Platter | Shortbread | Fresh Fruit Platter | Citrus Cake | Fresh Fruit Platter |


| WEEK 3 <br> 04/11, 25/11, 16/12, 20/01/2020, 10/02, 02/03, 23/03 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| :---: | :---: | :---: | :---: | :---: | :---: |
| SOUP IT UP | Soup of the Day | Selection of Fruit | Soup of the Day | Melon Wedges | Soup of the Day |
| Main Meal 1 | Tandoori Chicken served with a Warm Wrap and Shredded Lettuce and Carrot (C) | Cajun Chicken Pasta served with Seasonal Veg <br> (C) | Mince, Potatoes and Fresh Diced carrots <br> (B) | Macaroni Cheese with Garlic Bread and Garden Peas <br> (V) | Savoury Cheese Pitta Pocket Salad Box <br> (V) |
| Main Meal 2 | Fish Goujons and Spicy Wedges with Coleslaw <br> (F) | Pizza with Herb Bread and Crunchy Salad <br> (V) | Cheese Panini served with Homemade Crunchy Coleslaw <br> (V) | Meatball Marinara Baguette with Corn Salad <br> (B) | Chicken Burger in a Warm Bun with Shredded Lettuce <br> (C) |
| Filled Baked Potatoes Filled sandwiches and baguettes served with salad | (B) (C) <br> Cheese (V), Tuna Mayonnaise (F) or Egg Mayonnaise (V)  |  |  |  |  |
| DESSERT | Fresh Fruit Platter | Caramel Biscuit | Fresh Fruit Platter | Chocolate Beetroot Muffin Slice | Fresh Fruit Platter |

