

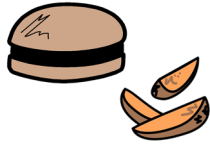


# NLC Lunch Menu - Week 1

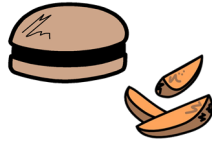
Monday

Su **M** T W

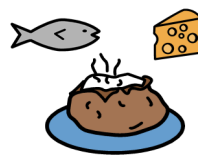
Th F S



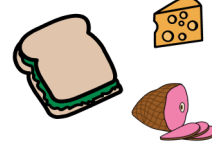
cheeseburger with potato wedges



vegetable burger with potato wedges (V)



baked potato with tuna or cheese (v)



sandwich with cheese (v) or ham

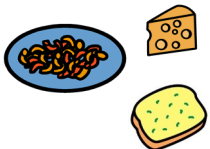


lentil soup (ve)

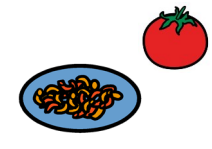
Tuesday

Su M **T** W

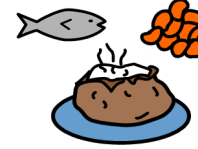
Th F S



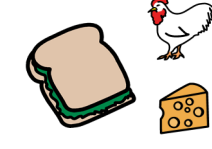
macaroni cheese with garlic bread (v)



tomato & pepper pasta (ve)



baked potato with beans (ve) or tuna mayonnaise



sandwich with cheese (v) or chicken

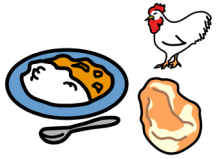


roasted sweet potato soup (ve)

Wednesday

Su M T **W**

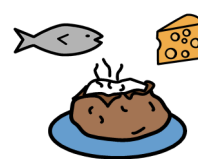
Th F S



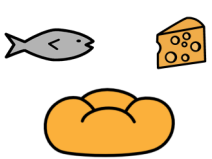
chicken curry with rice and naan bread



vegetable curry and rice with naan bread (v)



baked potato with cheese (v) or tuna mayonnaise



soft bap with cheese (v) or tuna mayonnaise



lentil soup (ve)

Thursday

Su M T W

**Th** F S



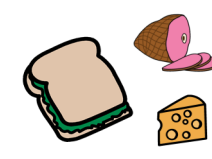
sausages with gravy and mashed potato



vegie sausages with mashed potato and



baked potato with baked beans or tuna



wrap with cheese (v) or ham

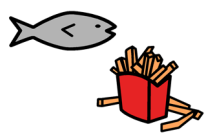


hearty vegetable soup (ve)

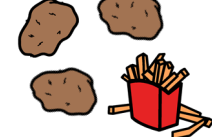
Friday

Su M T W

Th **F** S



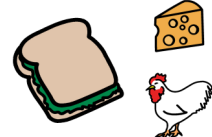
fish & chips



quorn nuggets & chips (v)



baked potato with cheese (v) or tuna



sandwich with cheese (v) or chicken



lentil soup (ve)



# NLC Lunch Menu - Week 2

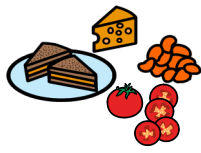
Monday

Su **M** T W

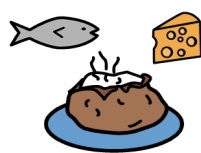
Th F S



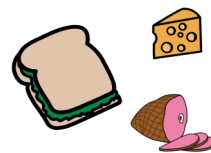
pizza slice with veg sticks (v)



cheese toastie, baked beans & tomato wedges (v)



baked potato with tuna or cheese (v)



sandwich with cheese (v) or ham

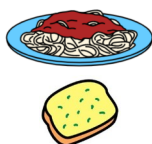


lentil soup (ve)

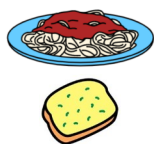
Tuesday

Su M **T** W

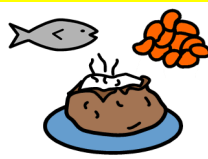
Th F S



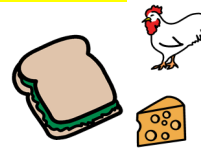
beef bolognese pasta with garlic bread



pasta arabiatto with garlic bread (v)



baked potato with beans (ve) or tuna



sandwich with cheese (v) or chicken

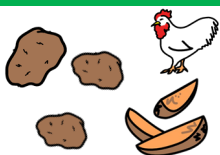


vegetable soup (ve)

Wednesday

Su M T **W**

Th F S



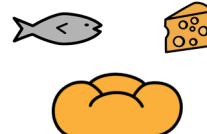
chicken tandoori bites, wholemeal pitta & potato wedges



lentil dahl, wholemeal pitta & potato wedges (v)



baked potato with cheese (v) or tuna mayonnaise



soft bun with cheese (v) or tuna mayonnaise



minestrone soup (v)

Thursday

Su M T W

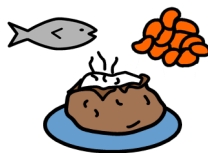
**Th** F S



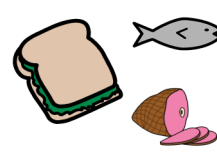
roast beef with Yorkshire pudding, gravy & mash potato



vegie meatballs with Yorkshire pudding, gravy & mash potato



baked potato with tuna or beans (ve)



sandwich with ham or tuna

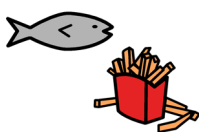


vegetable soup (ve)

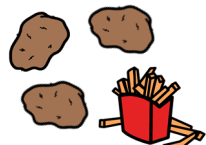
Friday

Su M T W

Th **F** S



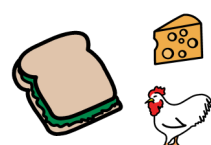
fish & chips



quorn nuggets & chips (v)



baked potato with cheese (v) or tuna



sandwich with cheese (v) or chicken



lentil soup (ve)



# NLC Lunch Menu - Week 3

Monday

Su **M** T W

Th F S



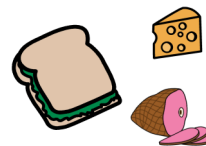
fish fingers, mash potato & beans



fishless fingers, mash potato & beans (v)



baked potato with tuna or cheese (v)



sandwich with cheese (v) or ham

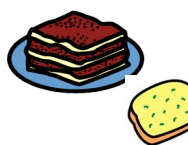


lentil soup (ve)

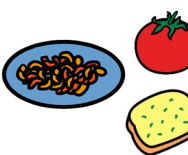
Tuesday

Su M **T** W

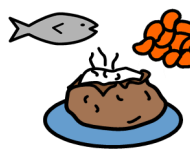
Th F S



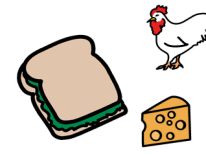
beef lasagne with garlic bread



tomato pasta with garlic bread (ve)



baked potato with beans (ve) or tuna mayonnaise



sandwich with cheese (v) or chicken



lentil soup (ve)

Wednesday

Su M T **W**

Th F S



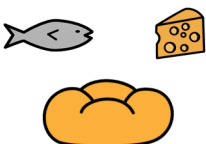
chicken curry & rice with naan bread



vegetable curry & rice with naan bread



baked potato with cheese (v) or tuna mayonnaise



soft bap with cheese (v) or tuna mayonnaise



chunky vegetable soup (ve)

Thursday

Su M T W

**Th** F S



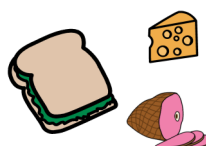
steak pie with mash potato



veggie sausage roll with mash potato (v)



baked potato with tuna or cheese (v)



Sandwich with cheese (v) or ham

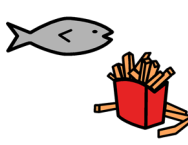


vegetable soup (ve)

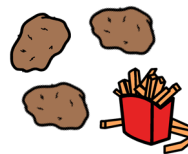
Friday

Su M T W

Th **F** S



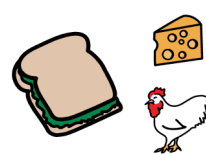
fish & chips



quorn nuggets & chips (v)



baked potato with cheese (v) or tuna



sandwich with cheese (v) or chicken



cream of tomato soup (v)