

Lunch Menu

**MONDAY
CHICKEN**

Starter

Main Regular

Main Vegetarian

Dessert

OCT 03 - OCT 06

Buttery Sweet Corn

Chicken Burger
with Oven Fries

**Black Bean Burger
with Oven Fries**

Date Flapjack Bar

OCT 10 - OCT 13

Edamame

Chicken Couscous

**Vegetarian Moroccan
Couscous**

Raisin Flapjack Bar

OCT 17 - OCT 20

Steamed Garden Vegetables

Chicken Breast with Gravy
and Herb Rice

Vegetable Paella

Apricot Flapjack Bar

OCT 24 - OCT 27

Buttery Sweet Corn

Teriyaki Chicken and Broccoli
with Pilaf Rice

**Teriyaki Tofu and Vegetables
with Pilaf Rice**

Cranberry Flapjack Bar

OCT 31 - NOV 03

Beetroot Salad

Sweet and Sour Chicken with
Asian Stir Fry Rice

Eggplant Lasagne

Honey Flapjack Bar

**TUESDAY
BEEF**

Starter

Main Regular

Main Vegetarian

Dessert

Beetroot Hummus with Arabic
Bread / Homemade Soup

Beef Stew with
Steamed Rice

**Grilled Tofu
with Steamed Rice**

Fruit Yogurt

Mixed Veggie Crudité /
Homemade Soup

Beef Meatballs in Tomato
Sauce with Mashed Potato

**Veggie Balls in Tomato Sauce
with Mashed Potato**

Fruit Yogurt

Shredded Carrot Salad /
Homemade Soup

Beef Goulash with
Mashed Potato

**Vegetable Goulash
with Mashed Potato**

Fruit Yogurt

Sauteed Snow Peas /
Homemade Soup

Beef Burger with Oven Fries

**Veggie Burger
with Oven Fries**

Fruit Yogurt



**WEDNESDAY
VEGGIE**

Starter

Main Vegetarian

Dessert

Green Peas

**Farfalle with Pesto
/ Pasta Bar**

Mixed Fruit Salad

Beetroot Salad

**Spaghetti with Vegetable
Ragu
/ Pasta Bar**

Mixed Fruit Salad

Steamed Broccoli

**Pumpkin Mac n Cheese
/ Pasta Bar**

Mixed Fruit Salad

Roasted Pumpkin

**Meat - free Bolognese
Spaghetti
/ Pasta Bar**

Mixed Fruit Salad

**THURSDAY
THEME DAY**

Starter

Main Regular

Main Vegetarian

Dessert

Sauerkraut Salad

Beef Sausage with Pretzel
Stick and Roasted Potato

**Vegetable Bratwurst with
Caramelized Onion**

Mini German Donut

Veggie Dumplings

Stir Fry Chicken with
Jasmine Rice

**Stir Fry Vegetables with
Jasmine Rice**

Mango Tapioca Pudding

Thai Spring Roll

Prawn Green Curry with
Thai Sticky Rice

**Spring Vegetable Green
Curry with Sticky Rice**

Cocunut pudding

Papadum with Dal

Butter Chicken with
Basmati Rice

**Paneer and Cauliflower Curry
with Basmati Rice**

Gulab Jamun

