



TC Lunch Menu – Week 1



Monday

Starter & Main Course

Leek and Potato Soup
Garlic Butter Chicken
Spaghetti Bolognese
Vegetable Bolognese

Accompaniments

New Potatoes, Carrots and Peas

Jacket Potato Bar

Selection of fillings

Deli Bar

Selection of Sandwiches and Wraps (inc. Gluten Free)

Salad Bar

Selection of Fresh Salads

Dessert

Fruity Crumble and Custard
Fresh Fruit Pot/Yogurt
Selection of Cold Desserts
Selection of Fresh Fruit

Tuesday

Starter & Main Course

Tomato Soup
Chilli Chicken and Rice
Sausage and Mash
Vege Sausage and Mash

Accompaniments

Fresh Broccoli and Sweetcorn

Jacket Potato Bar

Selection of fillings

Deli Bar

Selection of Sandwiches and Wraps (inc. Gluten Free)

Salad Bar

Selection of Fresh Salads

Dessert

Chocolate Sponge
Fresh Fruit Pot/Yogurt
Selection of Cold Desserts
Selection of Fresh Fruit

Wednesday

Starter & Main Course

Vegetable Soup
Beef Pie
Seafood Pasta
Tomato Pasta

Accompaniments

New Potatoes
Green Beans and Carrots

Jacket Potato Bar

Selection of fillings

Deli Bar

Selection of Sandwiches and Wraps (inc. Gluten Free)

Salad Bar

Selection of Fresh Salads

Dessert

Fruit Pie
Fresh Fruit Pot/Yogurt
Selection of Cold Desserts
Selection of Fresh Fruit

Thursday

Starter & Main Course

Carrot and Sweet Potato Soup
Chicken Curry and Rice
Roast Turkey
Vegetable Curry

Accompaniments

Herby Garlic bread, Roast Potatoes, Cabbage and Cauliflower

Jacket Potato Bar

Selection of fillings

Deli Bar

Selection of Sandwiches and Wraps (inc. Gluten Free)

Salad Bar

Selection of Fresh Salads

Dessert

Bread and Butter pudding and Custard
Fruit Pot/Yogurt
Selection of Cold Desserts
Selection of Fresh Fruit

Friday

Starter & Main Course

Tomato Soup
Oven Baked Fish
Breaded Pollock
Beef Burger
Vegetable Burger

Accompaniments

Chipped Potatoes
Garden Peas

Jacket Potato Bar

Selection of fillings

Deli Bar

Selection of Sandwiches and Wraps (inc. Gluten Free)

Salad Bar

Selection of Fresh Salads

Dessert

Fruit Pot/Yogurt
Selection of Cold Desserts
Selection of Fresh Fruit



TC Lunch Menu – Week 2



Monday

Starter & Main Course

Mexican Bean Soup
Katsu Chicken
Fish Pie
Vegetable Risotto

Accompaniments
Naan, New Potatoes, Sliced
Carrots, Green Beans

Jacket Potato Bar
Selection of Fillings

Deli Bar
Selection of Sandwiches
and Wraps (inc. Gluten Free)

Salad Bar
Selection of Fresh Salads

Dessert
Fruit Crumble and Custard
Fruit Pot/Yogurt
Selection of Cold Desserts
Selection of Fresh Fruit

Tuesday

Starter & Main Course

Minestrone Soup
Chicken Shwarma and Flat
Bread
Beef Lasagne
Vegetable Fajita Pasta

Accompaniments
Roast Potatoes, Garden
Peas and Sliced Carrots

Jacket Potato Bar
Selection of Fillings

Deli Bar
Selection of Sandwiches
and Wraps (inc. Gluten Free)

Salad Bar
Selection of Fresh Salads

Dessert
Syrup Sponge and Custard
Fruit Pot/Yogurt
Selection of Cold Desserts
Selection of Fresh Fruit

Wednesday

Starter & Main Course

Carrot Soup
Roast Gammon
Turkey Fajita Pasta
Vegetable Lasagna

Accompaniments
Guacamole/Salsa/Sour
Cream
New Potatoes and Sweetcorn

Jacket Potato Bar
Selection of Fillings

Deli Bar
Selection of Sandwiches and
Wraps (inc. Gluten Free)

Salad Bar
Selection of Fresh Salads

Dessert
Rice Pudding
Fruit Pot/Yogurt
Selection of Cold Desserts
Selection of Fresh Fruit

Thursday

Starter & Main Course

Celeriac Soup
Beef Meatballs
Chicken and Leek Pie
Vegetable Enchiladas

Accompaniments

Jacket Potato Bar
Selection of Fillings

Deli Bar
Selection of Sandwiches
and Wraps (inc. Gluten Free)

Salad Bar
Selection of Fresh Salads

Dessert
Jam Roly Poly and Custard
Fruit Pot/Yogurt
Selection of Cold Desserts
Selection of Fresh Fruit

Friday

Starter & Main Course

Chunky Tomato Soup
Hot Dog
Battered Cod Fillet
Vegetable Burger

Accompaniments
Chipped potatoes, Peas

Jacket Potato Bar
Selection of Fillings

Deli Bar
Selection of Sandwiches and
Wraps (inc. Gluten Free)

Salad Bar
Selection of Fresh Salads

Dessert
Fruit Pot/Yogurt
Selection of Cold Desserts
Selection of Fresh Fruit

Monday

Starter & Main Course

Minestrone Soup
Salt and Pepper Chicken
Nuggets
BLT
Salt and Pepper Vege
Nuggets

Accompaniments
Fluffy Savoury Rice
Fresh Broccoli and
Sweetcorn

Jacket Potato Bar
Selection of Fillings

Deli Bar
Selection of Sandwiches
and Wraps (inc. Gluten Free)

Salad Bar
Selection of Fresh Salads

Dessert
Fruit Crumble and Custard
Fruit Pot/Yogurt
Selection of Cold Desserts
Selection of Fresh Fruit

Tuesday

Starter & Main Course

Leek and Potato Soup
Beef Moussaka
Cajun Chicken
Vegetable Moussaka

Accompaniments
New Potatoes, Fresh
Cabbage and Sliced
Carrots

Jacket Potato Bar
Selection of Fillings

Deli Bar
Selection of Sandwiches
and Wraps (inc. Gluten Free)

Salad Bar
Selection of Fresh Salads

Dessert
Sticky Toffee and Pear
Sponge and Custard
Fruit Pot/Yogurt
Selection of Cold Desserts
Selection of Fresh Fruit

Wednesday

Starter & Main Course

Butternut Squash Soup
Chicken Fajita
Shepherds Pie
Vegetable Curry

Accompaniments
Broccoli and Sweetcorn
Kernels

Jacket Potato Bar
Selection of Fillings

Deli Bar
Selection of Sandwiches
and Wraps (inc. Gluten Free)

Salad Bar
Selection of Fresh Salads

Dessert
Apple Strudel and Custard
Fruit Pot/Yogurt
Selection of Cold Desserts
Selection of Fresh Fruit

Thursday

Starter & Main Course

Vegetable Soup
Beef Curry
Ham Carbonara
Vegetable Fajita

Accompaniments
Roast Potatoes, Fine Green
Beans and Sliced Carrots
Beans and Carrots

Jacket Potato Bar
Selection of Fillings

Deli Bar
Selection of Sandwiches
and Wraps (inc. Gluten Free)

Salad Bar
Selection of Fresh Salads

Dessert
Sultana Sponge
Fruit Pot/Yogurt
Selection of Cold Desserts
Selection of Fresh Fruit

Friday

Starter & Main Course

Tomato Soup
Oven Baked Fish
Oven Baked Breaded Pollock
Chicken Burger
Oven Baked Vegetable
Burger

Accompaniments
Chipped Potatoes and Peas

Jacket Potato Bar
Selection of Fillings

Deli Bar
Selection of Sandwiches
and Wraps (inc. Gluten Free)

Salad Bar
Selection of Fresh Salads

Dessert
Fruit Pot/Yogurt
Selection of Cold Desserts
Selection of Fresh Fruit