



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 dessert
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 dessert
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 dessert
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 Dessert
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 Dessert
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 Dessert
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 Dessert
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 Dessert
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 Dessert
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 Dessert
Selection of Fresh Fruit



TC Lunch Menu - Week 3



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 Dessert
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 Dessert
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 Dessert
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 Dessert
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 Dessert
Selection of Fresh Fruit