



TC Lunch Menu - Week 1



Monday

Starter & Main Course

Leek and Potato Soup
Grilled Sausage or Grilled Chicken
Spaghetti Bolognese
Vegetable Bolognese

Accompaniments
Creamy Mashed Potato, Sliced 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
Roast Gammon
Chicken Curry
Vegetable Curry

Accompaniments
Minted New Potatoes/Cabbage/
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
Deep filled fruit pie
Fresh Fruit Pot/Yogurt
Selection of cold dessert
Selection of Fresh Fruit

Wednesday

Starter & Main Course

Vegetable Soup
Beef pie
Katsu Chicken curry
Wonky vegetable pie

Accompaniments
Crispy Roast Potatoes
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
Rich Chocolate Sponge and sauce
Fresh Fruit Pot/Yogurt
Selection of cold dessert
Selection of Fresh Fruit

Thursday

Starter & Main Course

Carrot and Sweet Potato Soup
Ham pasta bake
Quorn Stir Fry
Butternut and Sage Rissotto

Accompaniments
Roasted New 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
Sticky Syrup sponge and custard
Fruit Pot/Yogurt
Selection of Cold Dessert
Selection of Fresh Fruit

Friday

Starter & Main Course

Tomato Soup
Oven Baked Fish
Breaded Pollock
Hot Dog
Vegetable Hot Dog

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
Beef Meatballs
Seafood Pasta or Baked Fish
Vegetable Meatballs

Accompaniments

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

Butternut Squash and Apple
Soup
Salt and pepper Chicken
Chunks
Hoi sin Beef and noodles
Hoisin Quorn Fillet with Stir
Fry Vegetables

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

Rich Chocolate Sponge and
Custard
Fruit Pot/Yogurt
Selection of Cold Dessert
Selection of Fresh Fruit

Wednesday

Starter & Main Course

Carrot Soup
Chicken Pie
Beef Taco
Vegetable Jalousie
Guacamole/Salsa/Sour Cream

Accompaniments

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

Sticky Toffee Pudding and
Custard
Fruit Pot/Yogurt
Selection of Cold Dessert
Selection of Fresh Fruit

Thursday

Starter & Main Course

Celeriac Soup
Roast pork loin
Chicken Fajita
Vegetable Enchiladas

Accompaniments

Golden Roast Potatoes, 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

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

Friday

Starter & Main Course

Chunky Tomato Soup
Chicken Burger
Baked Fish
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
Beef Curry
Chicken Jambalaya
Vegetable Curry

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

Creamy Bread and Butter
Pudding
Fruit Pot/Yogurt
Selection of Cold Dessert
Selection of Fresh Fruit

Tuesday

Starter & Main Course

Leek and Potato Soup
Sausage Casserole
Chicken Fajita or Chicken Fajita
Pasta Bake
Vegetable fajita

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

Spiced Apple Crumble Cake
Fruit Pot/Yogurt
Selection of Cold Dessert
Selection of Fresh Fruit

Wednesday

Starter & Main Course

Butternut Squash Soup
Lasagne
BLT or Salmon with Roasted
Vegetables
Vegetable Lasagne

Accompaniments

Crunchy garlic Bread, 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

Rich Chocolate Sponge and
Custard
Fruit Pot/Yogurt
Selection of Cold Dessert
Selection of Fresh Fruit

Thursday

Starter & Main Course

Vegetable Soup
Beef Chilli
Chicken Shwarma
Vegetable Chilli

Accompaniments

Savoury Rice
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

Crispy jam tart
Fruit Pot/Yogurt
Selection of Cold Dessert
Selection of Fresh Fruit

Friday

Starter & Main Course

Tomato Soup
Oven Baked Fish
Oven Baked Breaded Pollock
Beef 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