



# TC Lunch Menu - Week 1



## Monday

### Starter & Main Course

Leek and Potato Soup  
Grilled Sausage  
Spaghetti Bolognese  
Vegetable fritatta

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

Dessert  
Fruity Crumble and Custard  
Fresh Fruit Pot/Yogurt  
Selection of cold dessert  
Selection of Fresh Fruit

## Tuesday

### Starter & Main Course

Tomato Soup  
Ham and Pasta bake  
Beef and Onion Pie  
Tomato Pasta  
Herby Garlic bread

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

Dessert  
Deep filled fruit pie  
Fresh Fruit Pot/Yogurt  
Selection of cold dessert  
Selection of Fresh Fruit

## Wednesday

### Starter & Main Course

Vegetable Soup  
Roast Turkey  
MSC Fish Fingers  
MSC Baked Salmon  
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

Dessert  
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  
Lasagne  
Chicken Stir Fry  
Vegetable Lasagne  
Herby Garlic bread

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

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

## Friday

### Starter & Main Course

Tomato Soup  
MSC Oven Baked Fish  
MSC Breaded Pollock  
Beefburger  
Vegetable Burger  
Smokey Fish Kedgeree

Accompaniments  
Chipped potatoes  
Garden peas

Jacket Potato Bar  
Selection of fillings

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

Salad Bar

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



# TC Lunch Menu - Week 2



## Monday

### Starter & Main Course

Mexican Bean Soup  
Cottage Pie  
Chicken Curry  
Vegetable Curry  
Naan

### 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

### 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  
Golden Cajun Chicken  
Beef Meatballs in a Gravy  
Carbono Cero Asian Meatballs in a Tomato Sauce

### 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

### Dessert

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

## Wednesday

### Starter & Main Course

Carrot Soup  
Beef Fajita  
Roast Gammon  
Vegetable Fajita  
Guacamole/Salsa/Sour Cream

### Accompaniments

Roast Potatoes, Broccoli and Sweetcorn

### Jacket Potato Bar

Selection of fillings

### Deli Bar

Selection of Sandwiches and Wraps (Inc Gluten Free).

### Salad Bar

### Dessert

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

## Thursday

### Starter & Main Course

Celeriac Soup  
Jerk chicken  
Beef Bourguignon  
Roasted vegetable casserole

### Accompaniments

New Potatoes, Sweetcorn  
Broccoli

### Jacket Potato Bar

Selection of fillings

### Deli Bar

Selection of Sandwiches and Wraps (Inc Gluten Free).

### Salad Bar

### Dessert

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

## Friday

### Starter & Main Course

Chunky Tomato Soup  
Smokey hot dog and onions  
MSC Baked Fish  
MSC Battered Cod fillet  
Chicken Shawarma  
Quorn Hot dog

### Accompaniments

Chipped potatoes, Peas

### Jacket Potato Bar

Selection of fillings

### Deli Bar

Selection of Sandwiches and Wraps (Inc Gluten Free).

### Salad Bar

### Dessert

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



# TC Lunch Menu - Week 3



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

### **Starter & Main Course**

Minestrone Soup  
Katsu Chicken curry  
Beef Chilli Tacos  
Goats Cheese Red Onion Tart

### **Starter & Main Course**

Leek and Potato Soup  
Chicken and vegetable pie  
Beef Hoi Sin  
Roasted Vegetable Pie

### **Starter & Main Course**

Butternut Squash Soup  
Cantonese style Sweet and Sour  
Pork  
Freshly made Sweet and Sour  
vegetables

### **Starter & Main Course**

Vegetable Soup  
Piri Piri Chicken  
Tomato Pasta

### **Starter & Main Course**

Tomato Soup  
Oven Baked Fish  
Oven Baked Breaded Pollock  
Crispy baked Chicken Burger  
Oven baked Vegetable burger

### **Accompaniments**

Fluffy Savoury Rice  
Fresh Broccoli and Sweetcorn

### **Accompaniments**

New Potatoes, Cabbage and  
Carrots

### **Accompaniments**

Crispy Roast Potatoes, Broccoli  
and Sweetcorn kernels

### **Accompaniments**

Roasted new potatoes  
Crunchy Garlic Bread  
Fine green beans and sliced  
carrots Beans/Carrots

### **Accompaniments**

Chipped potatoes and Peas

### **Jacket Potato Bar**

Selection of fillings

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Selection of fillings

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Selection of fillings

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Selection of fillings

### **Jacket Potato Bar**

Selection of fillings

### **Deli Bar**

Selection of Sandwiches and  
Wraps (Inc Gluten Free).

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Wraps (Inc Gluten Free).

### **Deli Bar**

Selection of Sandwiches and  
Wraps (Inc Gluten Free).

### **Salad Bar**

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### **Salad Bar**

### **Dessert**

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

### **Dessert**

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

### **Dessert**

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

### **Dessert**

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

### **Dessert**

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