



TC Lunch Menu - Week 1



Monday

Starter & Main Course

Freshly made Leek and Potato Soup

Succulent Grilled sausage

Creamy Chicken Pasta Bake

Grilled Chicken thigh

Fresh Tomato and Mushroom Pasta

Accompaniments

Mash Potatoes, Carrots and Peas

Jacket Potato Bar

- Selection of fillings

Deli Bar

Selection of Sandwiches and Wraps (Inc Gluten Free).

Salad Bar

Dessert

Apple Crumble and Custard

Fruit Pot/Yogurt

Flapjack

Selection of Fresh Fruit

Tuesday

Starter & Main Course

Tasty Tomato Soup

Mildly spiced Beef Chili

Tender Roast Turkey

Classic Stuffed pepper

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

Deep filled fruit pie

Fruit Pot/Yogurt

Chocolate Crispie

Selection of Fresh Fruit

Wednesday

Starter & Main Course

Vibrant Vegetable Soup

Homestyle Beef Lasagne

MSC Fish Fingers

MSC Baked Salmon

Wholesome Vegetable Lasagne

Herby Garlic bread

Accompaniments

Roasted New Potatoes, 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

Cheesecake

Selection of Fresh Fruit

Thursday

Starter & Main Course

Creamy Carrot and Sweet Potato Soup

Rich Beef and mushroom pie

Sticky BBQ Chicken Thigh

Wonky vegetable pie

Accompaniments

New Potatoes, Cabbage, and Green Beans

Jacket Potato Bar

- Selection of fillings

Deli Bar

Selection of Sandwiches and Wraps (Inc Gluten Free).

Salad Bar

Dessert

Syrup sponge and custard

Fruit Pot/Yogurt

Jelly

Selection of Fresh Fruit

Friday

Starter & Main Course

Chunky Tomato Soup

MSC Oven Baked Fish

MSC Breaded Pollock

Chunky chicken pieces

Golden Vegetable Nuggets

Smokey fish Kedgeree

Accompaniments

Chips, Peas and Mushy Peas

Jacket Potato Bar

- Selection of fillings

Deli Bar

Selection of Sandwiches and Wraps (Inc Gluten Free).

Salad Bar

Dessert

Cookie

Fruit Pot/Yogurt

Mousse

Selection of Fresh Fruit



TC Lunch Menu - Week 2



Monday

Starter & Main Course

Tasty Mexican Bean Soup

Creamy Ham Pasta Bake

Served with crunchy garlic bread

Spicy Chicken Fajita

Chunky Vegetable Fajita

Tomato Pasta

Accompaniments

New Potatoes, Sliced Carrots

Green Beans, Gucamole, soured cream, salsa

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

Shortbread

Selection of Fresh Fruit

Tuesday

Starter & Main Course

Creamy Butternut Squash and Apple Soup

Golden Cajun Chicken

Rich beefy spaghetti bolognese

Roasted vegetable Frittata

Accompaniments

Roast Potatoes, Broccoli,

Sweetcorn

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

Jelly

Selection of Fresh Fruit

Wednesday

Starter & Main Course

Roasted Carrot Soup

Tasty Turkey Meatballs in a tomato sauce served with Rice

Golden Roast Gammon

Carbono Cero Asian Meatballs

Accompaniments

Garlic Bread Peas and Carrots

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 Mousse

Selection of Fresh Fruit

Thursday

Starter & Main Course

Freshly made Celeriac Soup

Juicy baked Jerk chicken

Mildly spiced Beef Curry

Creamy Butternut and tomato Gratin

Savoury rice

Accompaniments

New Potatoes, Carrots

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

Flapjack

Selection of Fresh Fruit

Friday

Starter & Main Course

Chunky Tomato Soup

Smokey hot dog and onions

MSC Fish cassoulet

MSC Battered Cod fillet

Flavoursome Chicken Shawarma
Grilled Veggie Burger

Accompaniments

Chips, Peas

Jacket Potato Bar

- Selection of fillings

Deli Bar

Selection of Sandwiches and Wraps (Inc Gluten Free).

Salad Bar

Dessert

Carrot Cake

Fruit Pot/Yogurt

Healthy Yogurt Pot

Selection of Fresh Fruit



TC Lunch Menu - Week 3



Monday

Starter & Main Course

- Freshly made Minestrone Soup
- Crispy Katsu Chicken Curry
- Tender Beef and blackbean
- Vegan Quorn fillets with katsu sauce
- Fresh Goats Cheese Red Onion Tart

Accompaniments

- Savoury Rice, Garlic Bread
- Broccoli Sweetcorn

Jacket Potato Bar

- Selection of fillings

Deli Bar

- Selection of Sandwiches and Wraps (Inc Gluten Free).

Salad Bar

Dessert

- Bread and Butter Pudding
- Fruit Pot/Yogurt
- Iced Sponge Cake
- Selection of Fresh Fruit

Tuesday

Starter & Main Course

- Tasty Leek and Potato Soup
- Vibrant Chicken and pepper stir fry
- Roasted Pork loin
- Fragrant chickpea and potato casserole

Accompaniments

- Roast Potatoes, Cabbage and Carrots

Jacket Potato Bar

- Selection of fillings

Deli Bar

- Selection of Sandwiches and Wraps (Inc Gluten Free).

Salad Bar

Dessert

- Apple Crumble Cake
- Fruit Pot/Yogurt
- Selection of Mousses
- Selection of Fresh Fruit

Wednesday

Starter & Main Course

- Creamy Butternut Squash Soup
- Cantonese style Sweet and Sour Pork
- Golden spiced Piri Piri Chicken
- Freshly made Sweet and Sour vegetables

Accompaniments

- Broccoli, Sweetcorn, Naan Bread

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
- Jelly
- Selection of Fresh Fruit

Thursday

Starter & Main Course

- Vibrant Vegetable Soup
- Homestyle Chicken Pie
- Penne pasta served with a rich vegetable sauce
- Penne pasta served with a creamy cheese sauce

Accompaniments

- Roasted new potatoes, Garlic Bread, Savoury rice, Green Beans, Carrots

Jacket Potato Bar

- Selection of fillings

Deli Bar

- Selection of Sandwiches and Wraps (Inc Gluten Free).

Salad Bar

Dessert

- Crispy jam tart
- Fruit Pot/Yogurt
- Chocolate Chip Shortbread
- Selection of Fresh Fruit

Friday

Starter & Main Course

- Creamy Tomato Soup
- Oven Baked Fish
- Oven Baked Breaded Pollock
- Mildly spiced Goan Fish Curry
- Crispy baked Chicken Burger
- Oven baked Vegetable burger

Accompaniments

- Chips, Peas

Jacket Potato Bar

- Selection of fillings

Deli Bar

- Selection of Sandwiches and Wraps (Inc Gluten Free).

Salad Bar

Dessert

- Lemon Drizzle
- Fruit Pot/Yogurt
- Cookie
- Selection of Fresh Fruit