



# TC Lunch Menu - Week 1



## Monday

### **Starter & Main Course**

Leek and Potato Soup

Chicken Pasta Bake, Garlic Bread

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**

Tomato Soup

Beef Chili

Roast Turkey

Spicy Pepper & Bean Burritos

### **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**

Rice Pudding and Jam Sauce  
Fruit Pot/Yogurt  
Chocolate Crispie  
Selection of Fresh Fruit

## Wednesday

### **Starter & Main Course**

Vegetable Soup

Beef Lasagne

Fish Fingers, Salmon

Vegetable Lasagne  
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 sauce  
Fruit Pot/Yogurt  
Cheesecake  
Selection of Fresh Fruit

## Thursday

### **Starter & Main Course**

Carrot and Sweet Potato Soup

Beef and Mushroom Pie

BBQ Chicken Thigh

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**

Oven Baked Fish

Breaded Pollock

Chicken Chunks

Chicken Nuggets

Vegetable Nuggets

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

## Monday

### **Starter & Main Course**

Mexican Bean Soup  
Ham Pasta Bake, Garlic Bread  
Chicken Jambalaya  
Vegetable Jambalaya  
Tomato Pasta

### **Accompaniments**

New Potatoes, Sliced Carrots  
Green Beans Garlic Bread

### **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**

Butternut Squash and Apple Soup  
Turkey Meatballs and Rice  
Roast Gammon  
Carbono Cero Asian Meatballs

### **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**

Roast Carrot Soup  
Piri Piri Chicken Gyros  
Spaghetti Bolognese  
Frittata

### **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**

Celeriac Soup  
Pulled Pork  
Beef Pie  
Shepherd's Pie

### **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  
Vegan Brownie  
Selection of Fresh Fruit

## Friday

### **Starter & Main Course**

Fish Cassoulet  
Battered Cod  
Beef Burger  
Veggie Burger  
Chicken Shawarma

### **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  
Selection of Muffins  
Selection of Fresh Fruit



# TC Lunch Menu - Week 3



## Monday

### **Starter & Main Course**

Minestrone Soup

Katsu Chicken Curry

Beef Stroganoff  
Quorn fillets with Katsu sauce

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**

Leek and Potato Soup

Chicken and Mushroom Pie

Roast Pork

Vegetable Pie

### **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**

Butternut Squash Soup

Beef Curry and Rice

Piri Piri Chicken

Vegetable Curry

### **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**

Vegetable Soup

Sweet and Sour Pork

Pasta Bar

Vegetable or Cheese Sauce

### **Accompaniments**

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**

Rice Pudding and Jam Sauce  
Fruit Pot/Yogurt  
Chocolate Chip Shortbread  
Selection of Fresh Fruit

## Friday

### **Starter & Main Course**

Oven Baked Fish

Oven Baked Breaded Pollock

Goan Fish Curry

Chicken Burger

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