

CARRDUS

LUNCH MENU WEEK 1



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|---|
| SOUP Tofu & Bac Chou Chow Mien MAIN Chicken Teriyaki SIDES Egg Fried Rice Asian Stir-Fried Vegetables Prawn Crackers Mini Spring Rolls | SOUP Tomato, Mozzarella & Basil Tart MAIN Cumberland Ring Sausage with Yorkshire Pudding & Gravy SIDES Mash Potatoes Garden peas Roasted Root Vegetables | SOUP Fajita Bar MAIN Chicken, Beef or Soya Bean & Quorn SIDES Wraps Salsa, Guacamole, Soured Cream Stir Fried Corn, Peppers & Leek Spicy Herb Potatoes | SOUP Spinach & Lentil Lasagne MAIN Honey Glazed Roast Gammon SIDES Roast Potatoes Cauliflower Cheese Green Beans | SOUP Mac & Cheese MAIN BBQ Brisket with Brioche Bun & Naked Slaw SIDES Fries BBQ Beans Peas |
| Freshly baked jacket potatoes or sweet potatoes Fresh Salad bar Yoghurt Cherry sponge Vanilla Sauce Fresh Cut Fruit | Freshly baked jacket potatoes or sweet potatoes Fresh Salad bar Yoghurt Apple & BlackBerry Crumble Custard Fresh Cut Fruit | Freshly baked jacket potatoes or sweet potatoes Fresh Salad bar Yoghurt Chocolate Fudge Cake Cream Fresh Cut Fruit | Freshly baked jacket potatoes or sweet potatoes Fresh Salad bar Yoghurt Jelly pots | Freshly baked jacket potatoes or sweet potatoes Fresh Salad bar Yoghurt Pancakes with Berries Chocolate Sauce Fresh Cut Fruit |

Allergy information available on request

CARRDUS

LUNCH MENU WEEK 2



MONDAY

SOUP

Halloumi & Black Bean
Quesadilla with Mexican Rice

MAIN
Cottage Pie

SIDES
Stir Fried Leeks * Peas

Freshly baked jacket potatoes or
sweet potatoes

Fresh Salad Bar

Yoghurt

Peach & Toffee Crumble

Custard

Fresh Cut Fruit

TUESDAY

SOUP

Squash & Red Pepper
Frittata

MAIN
Peri Peri Chicken

SIDES
Jackets
Slaw
Corn on the cob

Freshly baked jacket potatoes or
sweet potatoes

Fresh Salad Bar

Yoghurt

Churros

Chocolate Sauce

Fresh Cut Fruit

WEDNESDAY

SOUP

Fresh Egg Mushroom Ravioli

MAIN
Italian Style Meatballs

SIDES
Garlic Bread
Broccoli
Roasted Med Veg

Freshly baked jacket potatoes or
sweet potatoes

Fresh Salad Bar

Yoghurt

Fresh Fruit Salad

THURSDAY

SOUP

Quorn Mince & Veg Pie

MAIN
Herby Roast Chicken with
Stuffing

SIDES
Roast Potatoes
Herby Carrots
Green Beans

Freshly baked jacket potatoes or
sweet potatoes

Fresh Salad Bar

Yoghurt

Syrup Sponge

Custard

Fresh cut Fruit

FRIDAY

SOUP

Cajun Veg & Bean
Burrito

MAIN
MSC Fish & Chip Bar
Tartare Sauce
Lemon Wedge

SIDES
Chips
Mushy Peas
Peas

Freshly baked jacket potatoes or
sweet potatoes

Fresh Salad Bar

Yoghurt

Chocolate Krispie

Fresh Cut Fruit

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CARRDUS

LUNCH MENU WEEK 3



MONDAY

SOUP

Brunch Bar

MAIN

Sausage Bacon Scrambled Eggs

SIDES

Baked Beans ,Tomatoes ,
Mushrooms
Hash Browns

Freshly baked jacket potatoes or
sweet potatoes

Fresh Salad bar

Yoghurt

Ice Cream Roll

Fresh Cup Fruit

TUESDAY

SOUP

Theme
Day

Freshly baked jacket potatoes or
sweet potatoes

Fresh Salad bar

Yoghurt

WEDNESDAY

SOUP

Bean & Kale Chilli
With Rice, Sour Cream
& Nachos

MAIN

Roast Loin of Pork
Sage & Onion Stuffing,
Apple Sauce

SIDES

Roast Potatoes
Roast Parsnips
Honey Carrots

Freshly baked jacket potatoes or
sweet potatoes

Fresh Salad bar

Yoghurt

Jam Sponge Custard

THURSDAY

SOUP

Chickpea ,Spinach &
Potato Korma

Chicken & Spinach

Balti

SIDES

Naan Bread
Poppadoms, Bhaji
Rice & Chutneys
Roasted Cauliflower & Spinach

Freshly baked jacket potatoes or
sweet potatoes

Fresh Salad bar

Yoghurt

Chocolate & Pear Sponge

FRIDAY

SOUP

Burger Bar
Beef ,Chicken or
Quorn Buttermilk Burger

SIDES

Chips
Baked Beans
Peas
Pickles, Sliced Cheese
Burger Sauce

Freshly baked jacket potatoes or
sweet potatoes

Fresh Salad bar

Yoghurt

Waffles with Berries &
Chocolate Sauce

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