

# CARRDUS

## LUNCH MENU WEEK 1



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	SOUP	SOUP	SOUP	SOUP
Tofu & Bac chou Chow mien	Squash & Butterbean Pie	Fajita Bar	Spinach & Lentil Lasagne	
MAIN	MAIN	MAIN	MAIN	MAIN
Chicken Teriyaki	Cumberland Ring Sausage with Yorkshire Pudding & Gravy	Chicken, Beef or Soya bean & Quorn	Roast Gammon	Pizza Bar
SIDES	SIDES	SIDES	SIDES	SIDES
Egg Fried Rice Asian Stir-Fried Vegetables Prawn Crackers Mini Spring Rolls	Mash Potatoes Garden Peas Roasted Root Vegetables	Wraps Salsa, Guacamole, Sour Cream Stir Fried Corn, Peppers & Leeks Spicy Herb Potatoes	Roast Potatoes Cauliflower Green Beans	Fries BBQ Beans Peas
Jacket Potatoes or Sweet Potatoes	Jacket Potatoes or Sweet Potatoes	Jacket Potatoes or Sweet Potatoes	Jacket Potatoes or Sweet Potatoes	Jacket Potatoes or Sweet Potatoes
Fresh Salad bar	Fresh Salad bar	Fresh Salad bar	Fresh Salad bar	Fresh Salad bar
Yoghurt & Fresh Fruit	Yoghurt & Fresh Fruit	Yoghurt & Fresh Fruit	Yoghurt & Fresh Fruit	Yoghurt & Fresh Fruit
Cherry sponge	Apple & BlackBerry Crumble	Chocolate Fudge Cake	Sticky Toffee Sponge	Pancakes with Berries
Vanilla Sauce	Custard	Chocolate Sauce	Cream	Chocolate Sauce

Allergy information available on request



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## LUNCH MENU WEEK 2

### MONDAY

SOUP

Halloumi & Black Bean  
Quesadilla with Mexican Rice

MAIN

Mince Beef & Onion Pie

SIDES

Stir Fried Greens, Peas  
Dauphinoise Potatoes

Jacket Potatoes or Sweet Potatoes

Fresh Salad Bar

Yoghurt & Fresh Fruit

Peach & Toffee Crumble, Custard

### TUESDAY

SOUP

Squash & Red Pepper  
Frittata

MAIN

BBQ Chicken

SIDES

Jackets  
Slaw  
Corn on the cob

Jacket Potatoes or Sweet Potatoes

Fresh Salad Bar

Yoghurt & Fresh Fruit

### WEDNESDAY

SOUP

Fresh Egg Mushroom Ravioli

MAIN

Spaghetti bolognaise

SIDES

Garlic Bread  
Broccoli  
Roasted Med Veg

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

Jacket Potatoes or Sweet Potatoes

Fresh Salad Bar

Yoghurt & Fresh Fruit

Syrup Sponge & Custard

### FRIDAY

SOUP

Cajun Veg & Bean  
Burrito

MAIN

MSC Fish & Chip Bar  
Tartare Sauce



SIDES

Chips  
Mushy Peas  
Peas

Jacket Potatoes or Sweet Potatoes

Fresh Salad Bar

Yoghurt & Fresh Fruit

Chocolate Krispie

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## LUNCH MENU WEEK 3

### MONDAY

SOUP

Brunch Bar

MAIN

Sausage, Bacon & Scrambled Eggs

SIDES

Baked Beans, Tomatoes ,  
Mushrooms  
Hash Browns

Jacket Potatoes or Sweet Potatoes

Fresh Salad bar

Yoghurt & Fresh Fruit

Ice Cream Roll

### TUESDAY

SOUP

Theme  
Day

Jacket Potatoes or Sweet Potatoes

Fresh Salad bar

Yoghurt & Fresh Fruit

### 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

Jacket Potatoes or Sweet Potatoes

Fresh Salad bar

Yoghurt & Fresh Fruit

Jam Sponge Custard

### THURSDAY

SOUP

Chickpea, Spinach &  
Potato Korma

MAIN

Chicken & Spinach  
Balti

SIDES

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

Jacket Potatoes or Sweet Potatoes

Fresh Salad bar

Yoghurt & Fresh Fruit

Chocolate & Pear Sponge

### FRIDAY

SOUP

Quorn Hot Dog

MAIN

Jumbo Pork Sausage Hot Dog

SIDES

Chips  
Baked Beans, Peas  
Pickles, Sliced Cheese

Jacket Potatoes or Sweet Potatoes

Fresh Salad bar

Yoghurt & Fresh Fruit

Waffles with Berries &  
Chocolate Sauce

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