

CARRDUS

LUNCH MENU WEEK 1



MONDAY

Three Bean Chilli
with Mexican Rice

Chicken & Pepper Fajitas

SIDES

Nachos, Guacamole, Sour Cream
Salsa, Cajun Wedges

Apple & Berry Crumble, Custard

TUESDAY

Sage & Butternut Squash with
Mushroom Ravioli
Garlic Bread

Turkey & Leek Cranberry Pie

SIDES

Mash Potatoes
Stir Fried Leeks & Greens

Fresh Fruit

WEDNESDAY

SOUP is served daily

Lentil & Sweet Potato Dhal

Beef Massaman Curry

SIDES

Yellow Rice & Chutneys
Bhajis, Raita & Poppadoms

Yoghurt & Fresh Fruit available daily

Plum Sponge & Vanilla Custard

THURSDAY

Singapore Noodles with
Sweet Chill & Prawn Crackers

Roast Loin of Pork, Apple Sauce
& Stuffing

SIDES

Roast Potatoes
Red Cabbage & Apple
Maple Glazed Carrots

Sticky Toffee Sponge, Cream

FRIDAY

Burger Bar

Beef, Chicken or
Buttermilk Quorn Burger

SIDES

Fries, Slaw
BBQ Beans
Corn on the cob

Rocky Road

Freshly Baked Jacket Potatoes or Sweet Potatoes available daily

Fresh Salad Bar available daily

Allergy information available on request



CARRDUS

LUNCH MENU WEEK 2



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SOUP is served daily

Squash & Bean Tagine

Spinach & Ricotta Tortellini
with Arrabbiata Sauce

Falafel Bar

Quorn Mince Cottage Pie

Mixed Bean Enchiladas

Cumberland Sausage with Crispy
Onions & Gravy

Braised Meatballs in a Tomato
Sauce with Pasta

Hunters' Chicken

Roast Beef & Yorkshire pudding



MSC Fish & Chip Bar
Tartare Sauce

SIDES

Creamy Mash Potato
Roasted Root Veg, Broccoli

SIDES

Garlic & Herb Dough Balls
Caesar Salad
Sweetcorn

SIDES

Diced Herb Potatoes
Peas, Mediterranean Veg

SIDES

Roast Potatoes
Creamed Swede & Carrot
Heart Cabbage

SIDES

Chips
Mushy Peas

Freshly Baked Jacket Potatoes or Sweet Potatoes available daily

Fresh Salad Bar available daily

Yoghurt & Fresh Fruit available daily

Bread & Butter Pudding

Syrup Sponge & Custard

Banoffee Cheesecake

Chocolate Pudding

Flapjack

Allergy information available on request



CARRDUS

LUNCH MENU WEEK 3 MONDAY

Mac & Cauliflower Cheese

Lancashire Style Lamb Hotpot

SIDES

Green Vegetable Medley

Jam Sponge, Custard

TUESDAY

Theme
Day

Fresh Fruit

WEDNESDAY

SOUP is served daily

Bean & Veg Hot Pot

Honey Roast Gammon

SIDES

Roast Potatoes
Roast Parsnips
Honey Carrots

Yoghurt & Fresh Fruit available daily

Toffee Apple Crumble

THURSDAY

Tempura Battered Veg

Battered Sweet & Sour Chicken

SIDES

Egg Fried Rice
Stir Fried Veg
Prawn crackers, Spring Rolls

Ice Cream Sponge Roll

FRIDAY

BBQ, Chicken, Ribs &
Sausages

SIDES

Fries, Slaw
Baked Beans

Churros, Choc Sauce

Allergy information available on request

