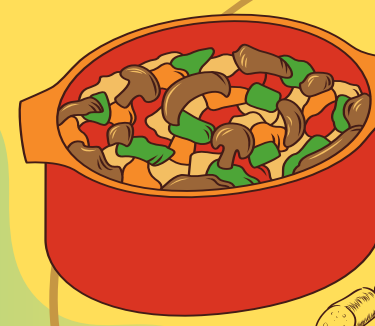




# Three Week Lunch Menu



DAY

WEEK 1

WEEK 2

WEEK 3

MONDAY

MEAT LASAGNE  
WITH GARLIC BREAD & SALAD  
  
FALAFEL IN SLICED PITTA  
WITH HOUSE SLAW (V)  
  
TRADITIONAL SCOTTISH  
SHORTBREAD

SHEPERDESS PIE  
BEEF MINCE, VEG FILLING &  
CREAMED POTATO TOPPING  
  
CREAMY CAULI & GREEN BEAN  
CURRY & WHOLEGRAIN RICE (V)  
  
LEMON DRIZZLE CAKE

**MEAT FREE MONDAY**  
LOADED MAC AND CHEESE,  
VARIOUS TOPPINGS &  
GARLIC SLICE  
VEGETABLE CHILLI NACHOS  
SALSA & SLAW  
  
ICED CHOCOLATE CAKE

TUESDAY

CHICKEN SHAWARMA  
WITH PICKLED RED CABBAGE  
& WEDGES  
  
SPICY FALAFEL KHOBEZ  
WITH PICKLED RED CABBAGE  
& WEDGES (V)  
  
VANILLA MUFFIN

WRAP ARCHITECT  
CHICKEN/BEEF/QUORN/  
VEGETABLES CREATE A  
MASTERPIECE WITH TOPPINGS  
& SAUCES (V OPTIONS)  
  
CHOC CHIP FLAPJACK

BURGER ARCHITECT  
CHICKEN/BEEF/VEGAN/  
VEGETABLE BURGER. CREATE A  
MASTERPIECE WITH TOPPINGS  
& SAUCES (V OPTIONS)  
  
WHITE CHOCOLATE COOKIE

WEDNESDAY

ROAST GAMMON STUFFING,  
ROOTS, ROASTIES & GRAVY  
  
SAGE & ONION QUORN ROASTED  
PIECES WITH ROOTS, ROASTIES  
& GRAVY (V)  
  
CHOCOLATE TIFFIN

ROAST CHICKEN  
ROOTS, ROASTIES & GRAVY  
  
VEGAN ROAST  
ROOTS, ROASTIES & GRAVY (V)  
  
CORNFLAKE TART & CUSTARD

ROAST CHICKEN  
ROOTS, ROASTIES & GRAVY  
  
VEGGIE BANGERS  
CHEESE & CHIVE MASH, FRESH  
VEG & GRAVY (V)  
  
ZESTY CARROT & GINGER LOAF

THURSDAY

LOW SALT & CHILLI CHICKEN  
WITH FIRE CRACKER RICE &  
SWEET CHILLI STICKY GREENS  
  
VEGETABLE PAD THAI NOODLES  
WITH SWEET STICKY GREENS (V)  
  
GINGER SPONGE & CUSTARD

KATSU CHICKEN CURRY  
WITH LEMON RICE & PRAWN  
CRACKERS  
  
THAI GREEN VEGETABLE &  
BEANSPOUT CURRY WITH  
LEMON RICE & GARLIC SLICE (V)  
  
ICED MARBLE SPONGE

CHICKEN TIKKA MASALA  
WITH RICE, NAAN & MINT  
YOGHURT  
  
SWEET POTATO, SPINACH &  
CHICKPEA CURRY  
WITH RICE, NAAN & MINT  
YOGHURT (V)  
  
FRUITY FLAPJACK

FRIDAY

CHIP SHOP GRAB & GO  
BATTERED FISH, SAUSAGES,  
PIZZA, NUGGETS WITH CHIPS,  
GRAVY, MUSHY PEAS OR CURRY  
SAUCE (V OPTIONS)  
  
CHOCOLATE BROWNIE

CHIP SHOP GRAB & GO  
BATTERED FISH, SAUSAGES,  
PIZZA, NUGGETS WITH CHIPS,  
GRAVY, MUSHY PEAS OR CURRY  
SAUCE (V OPTIONS)  
  
RASPBERRY MUFFIN

CHIP SHOP GRAB & GO  
BATTERED FISH, SAUSAGES,  
PIZZA, NUGGETS WITH CHIPS,  
GRAVY, MUSHY PEAS OR CURRY  
SAUCE (V OPTIONS)  
  
PEACH MUFFIN

DINE WITH MCQUILL

