

LUNCHTIME MENU | WEEK 3

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Theme	Street Food	Great British	Carvery	Continental	Favourites
Option 1:	Chicken Ravioli (2, 4, 7, 9) or Cheese Ravioli (2, 4, 7) V served with fresh Seasonal Vegetables & Garlic Bread (2)	Shepherd's Pie (7) served with fresh Seasonal Vegetables & Gravy V GF	Traditional Roast Chicken with Sage & Onion Stuffing (2) served with fresh Seasonal Vegetables & Gravy V GF	Chinese Style Chicken Curry served with brown/white Rice & a plain Naan bread (2, 7)	Fish Cakes (2, 3, 5, 7, 9) or Fishless Fingers (2) VG served with baked oven Chips & Baked Beans or Mushy Peas
Option 2:	Paninis (2, 7) (assorted hot fillings available) served with mixed leaf Salad & Coleslaw	Quorn Chicken Style Dippers (2, 4, 7) V served with fresh Seasonal Vegetables	Five Bean Chilli VG GF served with brown/white Rice	Vegetable Lattice (1, 2, 7, 9, 13) served with fresh Seasonal Vegetables & Gravy V GF	Chicken Goujons GF served with Chips & Baked Beans or Mushy Peas
Option 3:	Baked Potato (served with assorted hot/cold fillings) Sandwiches, Wraps, etc. (freshly prepared daily)	Baked Potato (served with assorted hot/cold fillings) Sandwiches, Wraps, etc. (freshly prepared daily)	Baked Potato (served with assorted hot/cold fillings) Sandwiches, Wraps, etc. (freshly prepared daily)	Baked Potato (served with assorted hot/cold fillings) Sandwiches, Wraps, etc. (freshly prepared daily)	Baked Potato (served with assorted hot/cold fillings) Sandwiches, Wraps, etc. (freshly prepared daily)
Salad Bar:	Cucumber, Tomato, Peppers, Lettuce, Coleslaw, cooked Meats and fresh Cheeses, etc.	Cucumber, Tomato, Peppers, Lettuce, Coleslaw, cooked Meats and fresh Cheeses, etc.	Cucumber, Tomato, Peppers, Lettuce, Coleslaw, cooked Meats and fresh Cheeses, etc.	Cucumber, Tomato, Peppers, Lettuce, Coleslaw, cooked Meats and fresh Cheeses, etc.	Cucumber, Tomato, Peppers, Lettuce, Coleslaw, cooked Meats and fresh Cheeses, etc.
Bread:	Not available	Freshly baked bread (2, 4, 7)	Freshly baked bread (2, 4, 7)	Not available	Sliced 50/50 bread (2, 13)
Desserts	Banana Flapjack (7) (served with Custard (7)) *assorted mini cakes available Cheese & Biscuits (2, 7) Fruit Fresh ♥ Yoghurt (7) or Jelly Pots V	Treacle Sponge (2, 4, 7) (served with Custard (7)) *assorted mini cakes available Cheese & Biscuits (2, 7) Fruit Fresh ♥ Yoghurt (7) or Jelly Pots V	Banana Delight (7) *assorted mini cakes available Cheese & Biscuits (2, 7) Fruit Fresh ♥ Yoghurt (7) or Jelly Pots V	Apple & Blackberry Crumble (2, 4, 7) (served with Custard (7)) *assorted mini cakes available Cheese & Biscuits (2, 7) Fruit Fresh ♥ Yoghurt (7) or Jelly Pots V	Ice Cream (7) *assorted mini cakes available Cheese & Biscuits (2, 7) Fruit Fresh ♥ Yoghurt (7) or Jelly Pots V

The Food Information Regulation 2014 - Provision of Allergen Information

The Constellation Trust Catering and Hospitality Services can provide additional support and guidance with regards to food intolerances, allergies, medical, cultural and ethical diets. Please discuss with a member of the catering team for more information.

V - Suitable for Vegetarians **VG** - Suitable for Vegans **GF** - Gluten Free **♥** - Healthier Option

