

LUNCHTIME MENU | WEEK 2

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Theme	Street Food	Great British	Carvery	Continental	Favourites
Option 1:	Beef Bolognese (2) or Quorn Bolognese (2, 4) V served with fresh Seasonal Vegetables & Garlic Bread (2)	Brunch Bacon, Chicken Sausage (2, 14) or Linda McCartney Sausage (2, 13, 14), 1/2 Omelette (4, 7) Sauté Mushrooms, Hash Brown & Baked Beans	Traditional Roast Turkey with Sage & Onion Stuffing (2) served with fresh Seasonal Vegetables & Gravy (2) V GF	Chicken Tikka Masala (7) GF served with brown/white Rice & a plain Naan bread (2, 7)	Battered Fish (2, 5, 7, 9) or Fishless Fingers (2) VG served with baked oven Chips & Baked Beans or Mushy Peas
Option 2:	Homemade Chefs Special Quiche served with fresh Seasonal Vegetables & New Potatoes	Macaroni Cheese (2, 7) served with fresh Seasonal Vegetables	Quorn Chicken with Sage & Onion Stuffing (2) V served with fresh Seasonal Vegetables & Gravy (2) V GF	Vegetable Nuggets (7) VG served with fresh Seasonal Vegetables	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	Plain Flapjack (served with Custard (7)) *assorted mini cakes available Cheese & Biscuits (2, 7) Fruit Fresh ♥ Yoghurt (7) or Jelly Pots V	Jam Sponge (2, 4, 7) (served with Custard (7)) *assorted mini cakes available Cheese & Biscuits (2, 7) Fruit Fresh ♥ Yoghurt (7) or Jelly Pots V	Chocolate Delight (7) *assorted mini cakes available Cheese & Biscuits (2, 7) Fruit Fresh ♥ Yoghurt (7) or Jelly Pots V	Cheesecake (2) *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

