

# MONTSAYE LUNCH MENU WEEK 1

## MONDAY

### MAIN MEAL

SPAGHETTI WITH A RICH TOMATO AND BEEF BOLOGNAISE SAUCE SERVED WITH SWEETCORN

£1.65

### VEGETARIAN

THIA STYLE CURRIED NOODLES

£1.65

### SNACK

CHICKEN MEATBALLS TOMATO SAUCE AND CHEESE IN A SOFT ROLL

£1.45

### ON THE SIDE

GARLIC BREAD 27p

### PUDDING

FRUITY CRUMBLE CAKE WITH CUSTARD

65P

ICED FINGER ROLL 55p

## TUESDAY

### MAIN MEAL

TANGY SWEET AND SOUR CHICKEN SERVED WITH RICE

£1.65

### VEGETARIAN

VEGETABLE TAGINE WITH COUS COUS

£1.65

### HOT SANDWICH

CHICKEN BURGER IN A FLOURED BAP WITH SALAD ON THE SIDE

£1.45

### HOT PUDDING

GOOY CHOCOLATE SPONGE WITH CHOCOLATE SAUCE 65P

BUTTERNUT SQUASH MUFFIN 55p

## WEDNESDAY

### MAIN MEAL

ROAST PORK WITH GOLDEN ROAST POTATOES A SELECTION OF FRESH VEGETABLES SAGE AND ONION STUFFING AND A RICH GRAVY

£1.65

### VEGETARIAN

GOLDEN MACARONI CHEESE

£1.30

### SNACK

EGG FRIED RICE WITH CHICKEN AND VEGETABLES

£1.45

### HOT PUDDING

LEMON AND POPPY SEED DRIZZLE CAKE WITH CUSTARD 65P

ICED CARROT MUFFIN 55P

## THURSDAY

### MAIN MEAL

CHEESE AND BACON QUICHE WITH NEW POTATOS AND SALAD OR BAKED BEANS

£1.65

### VEGETARIAN

VEGETABLE KIEV WITH NEW POTATOES AND MIXED SALAD OR BAED BEANS

£1.65

### HOT WRAP

HUNTERS CHICKEN IN A WARM WRAP

£1.45

### HOT PUDDING

PEAR AND APPLE CRUMBLE WITH CUSTARD 65P

FRUIT SCONE 55P

## FRIDAY

### MAIN MEAL

CATCH OF THE DAY OVEN BAKED WITH CHUNKY CHIPS AND MUSHY PEAS

£1.65

### VEGETARIAN

CHEESE AND POTATO PASTY

£1.05

### SNACK

CHUNKY CHIPS

£1.05

### PUDDING

FRUIT YOGURT 70P



AVAILABLE DAILY A SELECTION OF FRESHLY PREPARED ROLLS, SANDWICHES, WRAPS A FULL SALAD BAR AND FRUIT POTS.

SOME ITEMS MAY BE SUBJECT TO CHANGE FOR REASONS OUT OF OUR CONTROL.

# MONTSAYE LUNCH MENU WEEK 2

## MONDAY

### MAIN MEAL

ITALIAN MEATBALLS IN A RICH TOMATO SAUCE WITH PENNE PASTA AND SWEETCORN

£1.65

### VEGETARIAN

VEGETABLE LASAGNE WITH NEW POTATOES AND SWEETCORN

£1.65

### HOT WRAP

FISH GOUJON WITH POTATO WEDGES AND SALAD IN PITTA BREAD 1.45

### ON THE SIDE

GARLIC BREAD 27P

### HOT PUDDING

STEAMED SYRUP SPONGE WITH CUSTARD 65P

ICED FINGER ROLL 55P

## TUESDAY

### MAIN MEAL

THIA GREEN CHICKEN CURRY & RICE

£1.65

### VEGETARIAN

VEGETABLE CARBONNARA IN A CREAMY SAUCE

£1.65

### SNACK

GOLDEN SAUSAGE ROLL

£1.05

### ON THE SIDE

NAAN BREAD 32P

### HOT PUDDING

STICKY GINGER LOAF WITH CUSTARD 65P

FRUIT SCONE 55P

## WEDNESDAY

### MAIN MEAL

TRADITIONAL ROAST BEEF WITH ROAST POTATOES FRESH VEGETABLE SELECTION AND HORSERADISH

£1.65

### VEGETARIAN

QUORN MINCE KEEMA CURRY WITH RICE

£1.65

### HOT WRAP

TEX MEX CHICKEN IN A WARM WRAP

£1.45

### ON THE SIDE

NAAN BREAD 32P

### HOT PUDDING

CHOCOLATE AND BEETROOT BROWNIE WITH ICE CREAM 65P

BANANA MUFFIN 55P

## THURSDAY

### MAIN MEAL

STICKY LEMON CHICKEN AND VEGETABLE

NOODLES

£1.65

### VEGETARIAN

MOZZERELLA ONION AND TOMATO QUICHE WITH NEW POTATOES SIDE SALAD OR BAKED BEANS

£1.65

### SNACK

HOMEMADE CHEESE AND TOMATO PIZZA SLICE

£1.05

### HOT PUDDING

NUT FREE BAKEWELL TART WITH CUSTARD 65P

CARROT MUFFIN 55P

## FRIDAY

### MAIN MEAL

HEALTHY CRUMB COD FILLET SERVED WITH CHIPS AND MUSHY PEAS

£1.65

### VEGETARIAN

CHEESE AND SALSA QUESADILLA

£1.05

### SNACK

CHUNKY CHIPS

£1.05

### PUDDING

FRUIT YOGURT

70P



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# MONTSAYE LUNCH MENU WEEK 3

## MONDAY

### MAIN MEAL

SPICY CHICKEN TIKKA CURRY SERVED WITH RICE

£1.65

### VEGETARIAN

VEGETABLE SPRING ROLL WITH RICE AND SWEET & SOUR SAUCE

1.65

### SNACK

MINCED BEEF IN A BOLOGNAISE SAUCE MIXED WITH PENNE PASTA

£1.65

### ON THE SIDE

NAAN BREAD 32P

### HOT PUDDING

APPLE TURNOVER WITH CUSTARD 65P

ICED FINGER ROLL 55P

## TUESDAY

### MAIN MEAL

BEEF LASAGNE WITH NEW POTATOES AND MIXED SALAD

£1.65

### VEGETARIAN

ROASTED VEGETABLES AND PESTO SWIRL WITH NEW POTATOES AND MIXED SALAD

£1.65

### HOT SANDWICH

BEEF BURGER IN A BRIOCHE BUN WITH SALAD

£1.25

### HOT PUDDING

FRUIT CRUMBLE WITH CUSTARD 65P

ICE CREAM ROLL 55P

## WEDNESDAY

### MAIN MEAL

TRADITIONAL ROAST TURKEY WITH ROAST POTATOES STUFFING AND FRESH VEGETABLE SELECTION

£1.65

### VEGETARIAN

BUTTERNUT SQUASH RISSOTTO

£1.65

### SNACK

SPICY BAKED CAJUN CHICKEN WRAP

£1.45

### ON THE SIDE

GARLIC BREAD 27P

### HOT PUDDING

BANANA SPONGE WITH CUSTARD

65P

CHOCOLATE MUFFIN 55P

## THURSDAY

### MAIN MEAL

JUMBO YORKSHIRE WITH SAUSAGE AND MASHED POTATOES FRESH CARROTS AND GRAVY

£1.65

### VEGETARIAN

REGGIE REGGIE SWEET POTATO CURRY WITH RICE

£1.65

### HOT SANDWICH

TUNA AND CHEESE MELT

£1.45

### HOT PUDDING

SITCKY TOFFEE PUDDING WITH CUSTARD 65P

FRUIT SCONE 55P

## FRIDAY

### MAIN MEAL

HEALTHY CRUMB POLLOCK SERVED WITH CHIPS AND MUSHY PEAS

£1.65

### VEGETARIAN

FRENCH BREAD PIZZA

£1.05

### SNACK

CHUNKY CHIPS

£1.05

### PUDDING

FRUIT YOGHURT

70P



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