



SAMPLE LUNCH MENU

DAY 1

Soup

Sweet Potatoes, Lime Leaf and Coconut (vg)

Mains

Sticky Spiced Ground Pork
Ginger and Soya Glazed Chicken Leg
Breaded Smoked Tofu, Sunflower Seed and Roasted Aubergine (vg)
served with
Pickled Carrot, Fried Onions, Fragrant Steamed Rice, Sweet Soya Mushrooms, Sesame Spinach

Selection of Simple and Composite Salads

DAY 2

Soup

Cauliflower and Chilli Soup (vg)

Mains

Classic Beef Burger
Herb and Jalapeno Chicken Thigh
Bean, Sweet Potato and Halloumi Burger (vg)
served in a Bun with
Cajun Corn on Cob, Onion Rings, Roasted Potato Wedges and Selection of Toppings

Selection of Simple and Composite Salads

DAY 3

Soup

Minestrone Soup (v)

Mains

Beef Lasagne with Garlic Bread
Mixed Fish Florentine
Piquillo Pepper, Pumpkin and Butterbean Pie (vg)
served with
Roasted Rosemary Potatoes, Mixed Vegetables, Green Beans in Garlic Butter

Selection of Simple and Composite Salads

Main Course with two sides
£6.50 or 2 Tokens* (£5.94)

Soup
£2.65

Salad
Small £1.60/ Medium £2.60/ Large £4.05

Above illustrates current prices. They are subject to increase, effective 1st of September 2024.

*Meal Token Plan: Members can buy min of 20 Tokens at any one time. Meal Tokens offer approximately 10% discount against Member’ prices.