

Lunch Club for 60+ Summer menu 2018

WEEK 1

Homemade vegetarian Soup Served Daily

Monday	Beef or Veggie Burger With mixed salad & gherkin.	Fruit crumble and custard.
Tuesday	Roasted sweet potato topped with sour cream and chives with stir fried vegetables or Jacket Potato	Mixed Berry Compote served with crème fraiche
Wednesday	Roast chicken with Roast potatoes, green cabbage and carrots. V: Falafels and vegetables	Fresh fruit with Chantilly Cream
Thursday	Tomato and onion Quiche, boulangères potatoes with rosemary served with mixed salad	Fruit Trifle
Friday	Fish and chips served with peas and tartar sauce.	Apple & Black Berry scone cake + cream

V = Vegetarian option

***Alternatively you can have a jacket potato or sandwich instead of the main meal. You can also have a piece of fruit instead of dessert.**

***bread and butter – 25p**

You MUST inform your lunch co-ordinator 24 hours prior to any changes.

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WEEK 2

Fresh vegetarian Soup Served Daily

Monday	Ploughman's Lunch with cheese Optional: pork pie	Fruit Trifle
Tuesday	Creamy leek and cheese pie with mixed salad Optional: with bacon	Fruit salad and crème fraiche
Wednesday	Spanish omelette with mixed salad	Lemon sponge with syrup
Thursday	Chicken and vegetable stir fry with noodles V: vegetable stir fry with noodles	Rice pudding with strawberry jam
Friday	White Fish with parsley sauce, puree, peas and carrots	Ice cream & seasonal fruit

V = Vegetarian option

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***bread and butter – 25p**

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WEEK 3

Fresh vegetable Soup Served Daily

Monday	Penne Bolognese with salad.	Fruit salad & cream
Tuesday	Salmon & Spinach in puff pastry and Cole slaw Or Jacket Potato	Ice cream & seasonal fruit
Wednesday	Bangers & mash and fried onions, sauerkraut V: Falafel	Jelly and Cream
Thursday	Greek Lemon Chicken with roast Potatoes and mixed salad V: Omelette	Vanilla Yoghurt with fruit topping
Friday	Fish and chips with mushy peas and tartar sauce Or Jacket Potato	Fruit crumble and custard.

V = Vegetarian option

***Alternatively you can have a jacket potato or sandwich instead of the main meal. You can also have a piece of fruit instead of dessert.**

***bread and butter – 25p**

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WEEK 4

Fresh vegetable Soup Served Daily

Monday	Pork meatballs in red pepper sauce, pasta V: pasta with tomato and vegetable sauce + green salad	Lemon pudding
Tuesday	Pasta frittata with mixed salad	Fruit salad & cream
Wednesday	Chicken and vegetable stir fry served with rice. V: vegetable stir fry with rice	seasonal fruit and ice cream
Thursday	Vegetable Lasagne and green salad	Tiramisu
Friday	Fish and chips with mushy peas and tartare sauce Or Jacket Potato	Fruit crumble and custard.

V = Vegetarian option

***Alternatively you can have a jacket potato or sandwich instead of the main meal. You can also have a piece of fruit instead of dessert.**

***bread and butter – 25p**

You MUST inform your lunch co-ordinator 24 hours prior to any changes.