

Talbot House Trust Lunch Menu February - April 2022

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
	Veggie Day		American Day		
	Cheese Pizza, Salad & Slaw (V)	Roast Beef or Quorn Fillet (V), Broccoli, Carrots, Mash & Yorkshire Pudding	Southern Fried Chicken Burger or Quorn Burger (V), Skinny Fries & Red Cabbage Slaw	Hunters Chicken, Corn On The Cob & Seasoned Wedges	Fish & Chips, Mushy Peas (V)
Or	Creamy Broccoli Pasta (V)	Beef Sandwich	Beef Burger, Skinny Fries & Red Cabbage Slaw	Steak or Quorn Pieces (V) Fajitas with Mixed Veg	Tuna & Cheese Panini (V)
Or	Sandwich, Wraps or Jacket Chicken Tikka Mayo, Tuna Mayo, Egg Mayo, Turkey, Beans, Cheese, Cheese Savoury, Ham or Jam	Sandwich, Wraps or Jacket Chicken Tikka Mayo, Tuna Mayo, Egg Mayo, Turkey, Beans, Cheese, Cheese Savoury, Ham or Jam	Sandwich, Wraps or Jacket Chicken Tikka Mayo, Tuna Mayo, Egg Mayo, Turkey, Beans, Cheese, Cheese Savoury, Ham or Jam	Sandwich, Wraps or Jacket Chicken Tikka Mayo, Tuna Mayo, Egg Mayo, Turkey, Beans, Cheese, Cheese Savoury, Ham or Jam	Sandwich, Wraps or Jacket Chicken Tikka Mayo, Tuna Mayo, Egg Mayo, Turkey, Beans, Cheese, Cheese Savoury, Ham or Jam
Fillings	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Or	Fresh Fruit, Yoghurt or Cheese & Crackers Shortbread & Watermelon Slice	Fresh Fruit, Yoghurt or Cheese & Crackers Berry Cheesecake	Fresh Fruit, Yoghurt or Cheese & Crackers Ice Cream & Strawberries	Fresh Fruit, Yoghurt or Cheese & Crackers Old School Cake & Pink Custard	Fresh Fruit, Yoghurt or Cheese & Crackers Manchester Tart

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
	Veggie Day		Chinese Day		
	Cheese & Onion Quiche, Salad & Coleslaw (V)	Garlic Butter Salmon, New Potatoes & Green Beans (V)	Chinese Chicken or Quorn (V) Curry & Rice	Sticky Chicken Soft Noodles, Bean Sprouts & Stir Fry Veg	Scampi, Chips & Peas (V)
Or	Veggie Sausage, Mash, Peas & Gravy (V)	Corned Beef & Potato Pie, Chips & Peas	Salt & Pepper Chicken, Egg Fried Rice & Spring Rolls	Tuna & Sweetcorn Pasta Bake (V)	BBQ Pulled Pork Bap
Or	Sandwich, Wraps or Jacket Chicken Tikka Mayo, Tuna Mayo, Egg Mayo, Turkey, Beans, Cheese, Cheese Savoury, Ham or Jam	Sandwich, Wraps or Jacket Chicken Tikka Mayo, Tuna Mayo, Egg Mayo, Turkey, Beans, Cheese, Cheese Savoury, Ham or Jam	Sandwich, Wraps or Jacket Chicken Tikka Mayo, Tuna Mayo, Egg Mayo, Turkey, Beans, Cheese, Cheese Savoury, Ham or Jam	Sandwich, Wraps or Jacket Chicken Tikka Mayo, Tuna Mayo, Egg Mayo, Turkey, Beans, Cheese, Cheese Savoury, Ham or Jam	Sandwich, Wraps or Jacket Chicken Tikka Mayo, Tuna Mayo, Egg Mayo, Turkey, Beans, Cheese, Cheese Savoury, Ham or Jam
Fillings	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Or	Fresh Fruit, Yoghurt or Cheese & Crackers Ginger Biscuit	Fresh Fruit, Yoghurt or Cheese & Crackers Chocolate Orange Marble Cake & Chocolate Custard	Fresh Fruit, Yoghurt or Cheese & Crackers Ice Cream & Banana	Fresh Fruit, Yoghurt or Cheese & Crackers Carrot Cake	Fresh Fruit, Yoghurt or Cheese & Crackers Strawberry Jelly & Custard Pots

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
	Veggie Day		Greek Day		
	Macaroni Cheese (V)	Chicken Bites, Chips & Corn on the Cob	Greek Style Chicken Kebab or Quorn (V), Flatbread, Yoghurt & Mint Dip	Sausage Roll or Cheese Pasty (V), Chips & Beans	Fish Finger Wrap (V)
Or	Veggie Nuggets, Sweet Potato Fries & Peas (V)	Steak Pie or Veggie Bake (V), Chips & Marrow Fat Peas	Greek Salad Nachos	Enchilada Creamy Pasta	BLT Baguette
Or	Sandwich, Wraps or Jacket Chicken Tikka Mayo, Tuna Mayo, Egg Mayo, Turkey, Beans, Cheese, Cheese Savoury, Ham or Jam	Sandwich, Wraps or Jacket Chicken Tikka Mayo, Tuna Mayo, Egg Mayo, Turkey, Beans, Cheese, Cheese Savoury, Ham or Jam	Sandwich, Wraps or Jacket Chicken Tikka Mayo, Tuna Mayo, Egg Mayo, Turkey, Beans, Cheese, Cheese Savoury, Ham or Jam	Sandwich, Wraps or Jacket Chicken Tikka Mayo, Tuna Mayo, Egg Mayo, Turkey, Beans, Cheese, Cheese Savoury, Ham or Jam	Sandwich, Wraps or Jacket Chicken Tikka Mayo, Tuna Mayo, Egg Mayo, Turkey, Beans, Cheese, Cheese Savoury, Ham or Jam
Fillings	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Or	Fresh Fruit, Yoghurt or Cheese & Crackers Melting Moment Biscuit	Fresh Fruit, Yoghurt or Cheese & Crackers Orange Jelly & Mandarins	Fresh Fruit, Yoghurt or Cheese & Crackers Ice Cream & Melon	Fresh Fruit, Yoghurt or Cheese & Crackers Jam & Coconut Cake & Custard	Fresh Fruit, Yoghurt or Cheese & Crackers Butterfly Cake

A selection of drinks are available: Reduced fat milk, chilled drinking water, fruit juice with no added sugar. Tea and coffee are available at break times.

We serve balanced and nutritious food, most of our meals are freshly prepared on the day. The meat and vegetables are locally sourced and the eggs are free range. We do not add any salt to our meals and all puddings are made using reduced sugar recipes and fresh fruit. The menu may change to reflect seasonal vegetables and fruit.