

**Talbot House Trust Lunch Menu,**

January - February 2022

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Indian Day</i>				
	Lasagne with salad and coleslaw	Turkey and stuffing with roast potatoes, green beans and carrots	Chicken korma curry with basmati rice served with onion bhajis and cucumber raita sauce	Steak pie with marrow fat peas and chips	Garlic butter baked salmon with asparagus and potatoes
Or	Southern Fried chicken with wedges and corn on the cob	Meatball sub with chopped salad	Tandoori chicken with red peppers and flatbreads	Spaghetti Bolognese	Ham and Cheese panini
Or	Sandwich, Wraps or Jacket	Sandwich, Wraps or Jacket	Sandwich, Wraps or Jacket	Sandwich, Wraps or Jacket	Sandwich, Wraps or Jacket
Fillings	Chicken Tikka Mayo, Tuna Mayo, Egg Mayo, Turkey, Beans, Cheese, Cheese Savoury, Ham or Jam	Chicken Tikka Mayo, Tuna Mayo, Egg Mayo, Turkey, Beans, Cheese, Cheese Savoury, Ham or Jam	Chicken Tikka Mayo, Tuna Mayo, Egg Mayo, Turkey, Beans, Cheese, Cheese Savoury, Ham or Jam	Chicken Tikka Mayo, Tuna Mayo, Egg Mayo, Turkey, Beans, Cheese, Cheese Savoury, Ham or Jam	Chicken Tikka Mayo, Tuna Mayo, Egg Mayo, Turkey, Beans, Cheese, Cheese Savoury, Ham or Jam
	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Or	Fresh Fruit, Yoghurt or Cheese & Crackers Empire Biscuit	Fresh Fruit, Yoghurt or Cheese & Crackers Berry Cheesecake	Fresh Fruit, Yoghurt or Cheese & Crackers Fresh Fruit and Ice Cream	Fresh Fruit, Yoghurt or Cheese & Crackers Arctic Roll with Strawberries	Fresh Fruit, Yoghurt or Cheese & Crackers Ginger Cake & Custard

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Mexican Day</i>				
	Sesame chicken and rice	Roast beef with mashed potatoes, carrots, cabbage & yorkshire pudding	Soft beef tacos served with salad, salsa, sour cream and cheese	Mince and dumplings with sweet potato mash, carrots and turnip	Fish goujons with mushy peas and chips
Or	Fish finger wrap	Hot beef sandwich	Chicken enchiladas	Tomato soup and bread bun	Veggie burger and chips
Or	Sandwich, Wraps or Jacket	Sandwich, Wraps or Jacket	Sandwich, Wraps or Jacket	Sandwich, Wraps or Jacket	Sandwich, Wraps or Jacket
Fillings	Chicken Tikka Mayo, Tuna Mayo, Egg Mayo, Turkey, Beans, Cheese, Cheese Savoury, Ham or Jam	Chicken Tikka Mayo, Tuna Mayo, Egg Mayo, Turkey, Beans, Cheese, Cheese Savoury, Ham or Jam	Chicken Tikka Mayo, Tuna Mayo, Egg Mayo, Turkey, Beans, Cheese, Cheese Savoury, Ham or Jam	Chicken Tikka Mayo, Tuna Mayo, Egg Mayo, Turkey, Beans, Cheese, Cheese Savoury, Ham or Jam	Chicken Tikka Mayo, Tuna Mayo, Egg Mayo, Turkey, Beans, Cheese, Cheese Savoury, Ham or Jam
	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Or	Fresh Fruit, Yoghurt or Cheese & Crackers Lemon drizzle cake & custard	Fresh Fruit, Yoghurt or Cheese & Crackers Winter berry mess	Fresh Fruit, Yoghurt or Cheese & Crackers Fresh Fruit & Icecream	Fresh Fruit, Yoghurt or Cheese & Crackers Old school cake & custard	Fresh Fruit, Yoghurt or Cheese & Crackers Oaty biscuit

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Italian Day</i>				
	Beef burger with chips and beans or red cabbage slaw	Tomato and chicken pasta bake with a garlic bread slice	Pepperoni/chicken and sweetcorn/cheese/vegetable pizza with salad and coleslaw	Crispy garlic chicken with savoury rice and salad	Fishcake, chips and peas
Or	chicken bites with chips and beans	Sherperds pie with broccoli and sweetcorn	Creamy chicken and bacon pasta with cheesy garlic bread	Sausage and mashed potatoes with peas and onion gravy	Italian chicken and cheese panini
Or	Sandwich, Wraps or Jacket	Sandwich, Wraps or Jacket	Sandwich, Wraps or Jacket	Sandwich, Wraps or Jacket	Sandwich, Wraps or Jacket
Fillings	Chicken Tikka Mayo, Tuna Mayo, Egg Mayo, Turkey, Beans, Cheese, Cheese Savoury, Ham or Jam	Chicken Tikka Mayo, Tuna Mayo, Egg Mayo, Turkey, Beans, Cheese, Cheese Savoury, Ham or Jam	Chicken Tikka Mayo, Tuna Mayo, Egg Mayo, Turkey, Beans, Cheese, Cheese Savoury, Ham or Jam	Chicken Tikka Mayo, Tuna Mayo, Egg Mayo, Turkey, Beans, Cheese, Cheese Savoury, Ham or Jam	Chicken Tikka Mayo, Tuna Mayo, Egg Mayo, Turkey, Beans, Cheese, Cheese Savoury, Ham or Jam
	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Or	Fresh Fruit, Yoghurt or Cheese & Crackers Rice pudding	Fresh Fruit, Yoghurt or Cheese & Crackers Brownie and Custard	Fresh Fruit, Yoghurt or Cheese & Crackers Fresh Fruit & Icecream	Fresh Fruit, Yoghurt or Cheese & Crackers Flapjack and custard	Fresh Fruit, Yoghurt or Cheese & Crackers Shortbread biscuit

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.