

Ark Evelyn Grace Main Course Lunch Menu Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Meaty Mains	Jerk Chicken Served with Rice and Peas, Braised Cabbage & Gravy	Balsamic Beef in a Yorkshire Pudding Served with Mash Potato & Medley of Fresh Vegetables	Spanish Chicken Served with Paprika diced Potatoes & Sautéed Carrot & Courgette	Beef Bolognaise with Penne Pasta	Southern Fried Chicken with Chips and Peas/Beans
Veggie Mains	Jerk Cauliflower Steak Served with Rice and Peas, Braised Cabbage & Gravy	Portuguese Vegetable Stew Served with Mash Potato	Spicy Bean Burger Served with Paprika Diced Potatoes & Sautéed Carrot & Courgette	Vegetable Chow Mein	Grilled Haloumis Burger with Chips and Peas/Beans
Jackets	Jacket Potato with daily topping				
Baguettes	Baguettes with various fillings served daily				
Sweet Treats & Fruit	Double Chocolate Chip Cookie	Lemon Drizzle Cake	Flapjack	Chocolate Cake with Chocolate Sauce	Shortbread
	Choice of Fresh fruit, Jelly or Yoghurt served every day				

Gluten free options available upon request

