

Ark Evelyn Grace Main Course Lunch Menu Week 3

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|---|--|
| Meaty Mains | Open Chicken Fajita Wrap | Blackened Cajun Chicken Served with Seasoned Rice & Roasted Vegetables | Beef Burger Seasoned Wedges Sweetcorn & Peppers | Roast Chicken Roast Potatoes Medley of Fresh Vegetables & Gravy | Battered fish of the day with chips and peas/beans |
| Veggie Mains | Pumpkin Falafel Pockets | Sweet Potato & Pineapple Bhuna Served with Seasoned Rice & Roasted Vegetables | Roasted Red Pepper, Feta & Spinach Frittata Seasoned Wedges Sweetcorn & Peppers | Chickpea & Butternut Tagine Couscous Medley of Fresh Vegetables | Spicy Bean Burger with chips and peas/beans |
| Jackets | Jacket Potato with daily topping | | | | |
| Baguettes | Baguettes with various fillings served daily | | | | |
| Sweet treats & fruit | Chocolate Chip Cookie | Dusted Coconut Tart | Flapjack | Winter Spiced Sultana Sponge & Custard | Shortbread |
| | Choice of Fresh Fruit, Jelly or Yoghurt served every day | | | | |
| Gluten free options available upon request | | | | | |

