



# LUNCH CHOICE

30<sup>th</sup> Oct, 20<sup>th</sup> Nov, 11<sup>th</sup> Dec, 8<sup>th</sup> , 29<sup>th</sup> Jan, 19<sup>th</sup> Feb, 12<sup>th</sup> Mar



**Monday**  
Americas



**Tuesday**  
Europe



**Wednesday**  
Traditional



**Thursday**  
Asian



**Friday**



Chilli con carne  
with rice and sides

Mince meat spaghetti  
bolognese

Baked cod  
New potatoes

Sweet chilli chicken  
wings and oriental rice

Cod fillet in batter  
with baked chips



Vegetable and bean  
burrito  
Rice and sides (V)

Jacket potatoes  
with cheese and beans (V)

Quorn, broccoli  
cauliflower cheese bake  
(V)

Aloo gobi curry and rice,  
Raita (V)

'Veggie' pie with  
Baked chips and gravy  
(V)



Corn cobettes  
Peas

Italian style salad  
Roasted vegetables

Seasonal fresh  
vegetables

Green beans  
Sweetcorn

Peas  
Baked beans



Fresh fruit salad  
Natural yoghurt

Banana and custard

Pear crumble with  
custard  
50%fruit

Fresh fruit

Fresh fruit salad

Available daily with all meals: Free access to Salad Bar, Vegetable Selection, Additional Bread





# LUNCH CHOICE

6<sup>th</sup> ,27<sup>th</sup> Nov,18<sup>th</sup> Dec, 15<sup>th</sup> Jan, 5<sup>th</sup> ,26<sup>th</sup> Feb,19<sup>th</sup> Mar



**Monday**  
Americas



**Tuesday**  
Europe



**Wednesday**  
Traditional



**Thursday**  
Asian



**Friday**



Jerk chicken with rice and peas

Lasagne with garlic slice

Baked cod with new potatoes

Authentic thai beef curry with Rice

Salmon fish fingers with baked wedges



Veggie chilli dog (V)

Falafel with houmous  
Garlic slice (V)

Cheese and leek flan with new potatoes (V)

Quorn , sweet potato curry and rice (V)

Cheese and onion flan with baked chips (V)



Plantain  
Seasonal vegetables

Greek Salad  
Sweetcorn

Seasonal fresh vegetables

Asian salad  
Greens

Peas  
Baked beans



Apple crumble and custard  
50% fruit

Fresh fruit salad

Banana with custard

Fresh Fruit

Chunky fruit salad with  
**Natural Yoghurt**

Available daily with all meals: Free access to Salad Bar, Vegetable Selection, Additional Bread





Newham London

# LUNCH CHOICE

13<sup>th</sup> Nov, 4<sup>th</sup> Dec, 1<sup>st</sup> , 22<sup>nd</sup> Jan, 12<sup>th</sup> Feb, 5<sup>th</sup> , 26<sup>th</sup> Mar



**Monday**  
Americas



**Tuesday**  
Europe



**Wednesday**  
Traditional



**Thursday**  
Asian



**Friday**



'New Yorker'  
spaghetti and meatballs

Salmon fish fingers  
Boiled/roast potatoes

Piri piri chicken  
with savoury rice

Lamb tikka masala  
with rice

Cod fillet In batter  
with baked wedges



Chicago style pizza (V)

Macaroni cheese  
& Garlic Slice (V)

Vegetarian shepherd's  
Pie (V)

Vegetarian keema with  
rice and raita (V)

'Veggie' sausages  
with baked wedges (V)



Mexican slaw  
BBQ beans

Crunchy winter salad  
Peas

Seasonal fresh  
vegetables

Bengali beans  
Kacumber salad

Peas  
Baked beans



Fresh fruit

Fresh fruit salad  
Natural yoghurt

Apple and cinnamon  
crumble  
with custard  
50% Fruit

Fresh fruit

Fresh fruit salad

Available daily with all meals: Free access to Salad Bar, Vegetable Selection, Additional Bread

