

# Torre Lunch!

ONLY £2.20 PER DAY

September 2017

## PACKED LUNCH

### MENU

£1.50

Sandwich, Salad, Pasta and a Pudding or Fruit

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Filled Rolls/Sandwiches/ Wraps, Pasta & Salad Bar selection on offer every day.

Alternately order a Jacket Potato with various fillings, salad, pudding & a drink for **£2.20**

Bread Basket, Fresh Fruit Platter, Low Fat Yoghurts & Self-service Pasta & Salad Bar Daily

SPECIAL DIETS & FOOD ALLERGIES CATERED FOR

Weeks Beginning: 04.09.17

Weeks Beginning: 11.09.17

Weeks Beginning: 18.09.17

## Monday

Local Sausages or  
Vegan Sausage

served with

Mash Potato, Mixed Veg & Gravy

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Wholemeal Chocolate Beet Cake & Choc sauce

## Tuesday

BBQ Chicken or

Mediterranean Sweet Potato Jacket

served with

Savory Rice Broccoli & Sweetcorn

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Iced Raspberry Bun

## Wednesday

Roast Gammon or

Lentil Loaf

served with Roast or Boiled Potatoes, Seasonal Veg & Gravy

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Blueberry Oat slice & Custard

## Thursday

Freshly prepared Beef Lasagne or

Veg & Bean Lasagne

served with

Carrots & Sweetcorn Garlic Bread

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Jelly/ Fruit & Ice-cream

## Friday

Oven baked Fish Fingers or

Vegetable & Bean Risotto

served with

Chips or Rice peas or beans

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Chocolate and Orange Muffin

Pork & Ham Hotpot or

Cheese & Tomato Pizza Wheel

served with

Broccoli & Sweetcorn

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Banana & Coconut Cake & Custard

Fish Pie or

Cheesy Pasta Bake

served with

Peas & Carrots

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Strawberry Ice-cream With Mixed fruit

Roast Chicken Breast or

Quorn Pieces

served with

Roast Potatoes, Mixed Veg & Gravy

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Apple & Rhubarb Crumble & Custard

Quality Beef burger in a Bun or

Bean Burgers

served with

Potato Wedges & Sweetcorn

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Cream Cheese Iced Carrot Cake

Oven baked Fish Fingers or

Thai Chickpea & Aubergine Curry

served with

Chips or Potato, Peas or Beans

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Chocolate Crispy Cake & Milk

Turkey Meatballs with Tomato Sauce & Spaghetti or

Sweet Potato Bake

served with

Green Beans & Carrots

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Oat Cookie

Handmade Chicken & Sweetcorn Pizza or

Margherita Pizza

served with

Potato Wedges, Baked Beans, Sweetcorn

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Fresh Fruit Lolly

Roast Pork & Yorkshire Puddings or

Vegetable & Bean Stuffed Peppers

served with

Cauliflower Cheese, Roast Potatoes Peas, Carrots & Gravy

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Chocolate & Date Brownie

Cottage Pie or

Veggie Lentil Cottage Pie

served with

Cauliflower & Sweetcorn

\*\*\*\*\*

Apple Flapjack

Oven Baked Fish Fingers or Salmon Nibbles or

Vegetable Paella

served with

Chips, Peas or Beans

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Melting Moments & Milk

### Variety

We have fresh fruit available DAILY served in various ways to make it fun.....whole fruit, fruit platters and fruit kebabs!!

### Choice

There is plenty to choose from!! You can pre-order a hot lunch or vegetarian option. You can also pre-order a jacket potato or filled roll/sandwich/wrap or Roll with a choice of fillings. We have a daily display of salad, fruit, yoghurts and bread.

### Fresh & Tasty

We cook from scratch so we can be sure that we use;

NO nasty additives, preservatives or colourings. No GM products. No mechanically reclaimed meats.

**Local**— We use as much local produce as possible.

**Seasonal**—We use seasonal fruit and vegetables

**Healthy drinks**—Water, milk, smoothies, fruit juice.

### Quality

We use high meat percentage burgers and sausages, local free range eggs, marine sustainable fish.