

# Torre Lunch!

ONLY £2.20 PER DAY

February 2018

## PACKED LUNCH

### MENU

£1.50

Soup, Sandwich, Salad, Pasta  
and a Pudding or Fruit

\*\*\*\*

Soup, 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: 19.02.2018

Weeks Beginning: 26.02.2018

Weeks Beginning: 05.03.2018

## Monday

Sausages *or*  
Vegan Sausages

*served with*

Mashed Potato,  
Peas & Carrots

\*\*\*\*\*

Wholemeal  
Chocolate Pear  
Sponge & Choc  
sauce

Fish Pie  
*or*  
Macaroni Cheese

*served with*

Broccoli &  
Sweetcorn

\*\*\*\*\*

Apple Cake &  
Butterscotch  
Topping

Shepherd's Pie *or*  
Vegan Bean &  
Lentil Pie

*served with*

Cauliflower &  
Sweetcorn

\*\*\*\*\*

Apple & Rhubarb  
Pie with Custard

## Tuesday

Roast Chicken &  
Stuffing *or*  
Lentil Loaf

*served with*

Roast Potatoes,  
Broccoli & Carrots

\*\*\*\*\*

Iced Carrot &  
Orange Cake

Roast Beef & York-  
shire Pudding *or*  
Quorn Pieces

*served with*

Roast Potatoes,  
Cauliflower Cheese,  
Carrots & Gravy

\*\*\*\*\*

Jam Sponge &  
Custard

Roast Chicken &  
Stuffing *or*  
Quorn Roast

*served with*

Roast Potatoes,  
Seasonal Veg &  
Gravy

\*\*\*\*\*

Raspberry Mousse

## Wednesday

Freshly prepared  
Beef Lasagne *or*  
Vegetable Lasagne

*served with*

Medley of veg &  
Garlic Bread

\*\*\*\*\*

Jelly, Fruit & Ice-  
cream

Chicken Curry  
*or*  
Cheese & Tomato  
Pizza Wheel

*served with*

Rice & Mixed  
Vegetables

\*\*\*\*\*

Chocolate Cookie

Handmade  
Chicken Pizza *or*  
Margherita Pizza

*served with*

Potato Wedges,  
Baked Beans,  
Sweetcorn

\*\*\*\*\*

Apple Flapjack

## Thursday

Roast Gammon *or*  
Quorn Roast

*served with*

Roast or Boiled  
Potatoes, Seasonal  
Veg & Gravy

\*\*\*\*\*

Plum & Apricot  
Sponge with Custard

Roast Pork & Apple  
sauce *or*

Stuffed Peppers

*served with*

Roast or Mashed  
Potatoes Red  
Cabbage, Carrots &  
Gravy

\*\*\*\*\*

Fruity Rice Pudding

Roast Gammon *or*  
Veg Parcels

*served with*

Roast or Mashed  
Potatoes Seasonal  
Veg & Gravy

\*\*\*\*\*

Peach Cobbler &  
Custard

## Friday

Oven baked Fish  
Fingers *or*

Cauliflower &  
Sweet Potato Curry

*served with*

Chips or Rice

Peas or Beans

\*\*\*\*\*

Banana Gingerbread

Fish Fingers  
*or*

Bean & Veg Risotto

*served with*

Chips or Potato,

Peas or Beans

\*\*\*\*\*

Chocolate &  
Beetroot Muffins

Oven Baked Fish  
Fingers *or* Salmon  
Cake *or*

Bean/Veg Burgers

*served with*

Chips or Pasta

Peas or Beans

\*\*\*\*\*

Chocolate Crispy  
Cake & 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.