

# Torre Lunch!

ONLY £2.20 PER DAY

January 2018

## PACKED LUNCH

### MENU

£1.50

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

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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: 01.01.2018

Weeks Beginning: 08.01.2018

Weeks Beginning: 15.01.2018

## Monday

Sausages *or*  
Vegan Sausages  
*served with*

Mashed Potato,  
Peas & Carrots

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Wholemeal  
Chocolate Pear  
Sponge & Choc  
sauce

Fish Pie  
*or*  
Macaroni Cheese  
*served with*

Broccoli &  
Sweetcorn

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Apple Cake &  
Butterscotch  
Topping

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

Cauliflower &  
Sweetcorn

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Apple & Rhubarb  
Pie with Custard

## Tuesday

Roast Chicken &  
Stuffing *or*  
Lentil Loaf

*served with*

Roast Potatoes,  
Broccoli & Carrots

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Iced Carrot &  
Orange Cake

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

*served with*

Roast Potatoes,  
Cauliflower Cheese,  
Carrots & Gravy

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Jam Sponge &  
Custard

Roast Chicken &  
Stuffing *or*  
Quorn Roast

*served with*

Roast Potatoes,  
Seasonal Veg &  
Gravy

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Raspberry Mousse

## Wednesday

Freshly prepared  
Beef Lasagne *or*  
Vegetable Lasagne

*served with*

Medley of veg &  
Garlic Bread

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Jelly, Fruit & Ice-  
cream

Chicken Curry  
*or*  
Cheese & Tomato  
Pizza Wheel

*served with*

Rice & Mixed  
Vegetables

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Chocolate Cookie

Handmade  
Chicken Pizza *or*  
Margherita Pizza

*served with*

Potato Wedges,  
Baked Beans,  
Sweetcorn

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Apple Flapjack

## Thursday

Roast Gammon *or*  
Quorn Roast  
*served with*

Roast or Boiled  
Potatoes, Seasonal  
Veg & Gravy

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Plum & Apricot  
Sponge with Custard

Roast Pork & Apple  
sauce *or*

Stuffed Peppers

*served with*

Roast or Mashed  
Potatoes Red  
Cabbage, Carrots &  
Gravy

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Fruity Rice Pudding

Roast Gammon *or*  
Veg Parcels  
*served with*

Roast or Mashed  
Potatoes Seasonal  
Veg & Gravy

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Peach Cobbler &  
Custard

## Friday

Oven baked Fish  
Fingers *or*  
Cauliflower &  
Sweet Potato Curry

*served with*

Chips or Rice

Peas or Beans

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Banana Gingerbread

Fish Fingers  
*or*  
Bean & Veg Risotto

*served with*

Chips or Potato,

Peas or Beans

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Chocolate &  
Beetroot Muffins

Oven Baked Fish  
Fingers or Salmon  
Cake *or*  
Bean/Veg Burgers

*served with*

Chips or Pasta

Peas or Beans

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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.