

# MALET LAMBERT

## LUNCH MENU

**WEEK 1**

|                              | <b>Monday</b>  | <b>Tuesday</b>  | <b>Wednesday</b>   | <b>Thursday</b>   | <b>Friday</b>  |
|------------------------------|--|---|--|---|--|
| <b>Option 1</b>              | Chicken  | Roast Pork  | <b>ALL DAY<br/>BREAKFAST</b>   | Turkey  | Fish   |
| <b>Option 2</b>              | Cornish Pastie   | Spicy Chicken Fajita  |  | Spaghetti Bolognese   | Chicken Korma  |
| <b>Vegetarian<br/>Option</b> | Vegetable Stir Fry<br>with Noodles   | Macaroni Cheese   | Omelette,<br>Vegetarian Breakfast  | Cheese Pastie   | Cheese Quiche  |
| <b>Vegetables</b>            | Seasonal Vegetables  | Seasonal Vegetables   | Beans & Tomatoes   | Seasonal Vegetables   | Beans / Mushy Peas   |
| <b>Potatoes</b>              | Roast Potatoes   | Roast Potatoes  | Breadcake  | Roast Potatoes  | Chips / Rice   |
| <b>Dessert</b>               | Chocolate Sponge<br>Jelly<br>Yoghurt<br>Muffin<br>Chilled Melon<br>Fresh Fruit | Plain Shortcake<br>Angel Delight / Jelly<br>Yoghurt<br>Muffin<br>Chilled Melon<br>Fresh Fruit | Flapjack<br>Angel Delight<br>Yoghurt<br>Muffin<br>Chilled Melon<br>Fresh Fruit | Iced Sponge<br>Angel Delight<br>Yoghurt<br>Muffin<br>Chilled Melon<br>Fresh Fruit | Assorted<br>Angel Delight<br>Yoghurt<br>Muffin<br>Chilled Melon<br>Fresh Fruit |

**PRICES:** All Meal Deals £2.00

Hot Meal Deal (includes Drink & Dessert)

Cold Sandwich Meal Deal (includes Drink & Dessert)

Hot Panini or Pasta Pot Meal Deal (includes either Drink or Dessert)

# MALET LAMBERT

## LUNCH MENU

**WEEK 2**

|                          | <b>Monday</b>   | <b>Tuesday</b>   | <b>Wednesday</b>  | <b>Thursday</b>  | <b>Friday</b>  |
|--------------------------|---|--|---|--|--|
| <b>Option 1</b>          | Sausages  | Turkey   | Burgers   | Pork   | Fish / Fish Fingers  |
| <b>Option 2</b>          | Hunters Chicken   | Chilli   | BBQ chicken   | Cornish Pastie   | Chicken Tikka  |
| <b>Vegetarian Option</b> | Vegetable Curry   | Cheese Pastie  | Pizza   | Tomato Pasta Bake  | Vegetable Quiche   |
| <b>Vegetables</b>        | Seasonal Vegetables   | Seasonal Vegetables  | Beans & Sweetcorn   | Seasonal Vegetables  | Beans / Mushy Peas   |
| <b>Potatoes</b>          | Roast Potatoes  | Roast Potatoes   | Wedges  | Roast Potatoes   | Chips / Rice   |
| <b>Dessert</b>           | Marble Sponge<br>Jelly<br>Yoghurt<br>Muffin<br>Chilled Melon<br>Fresh Fruit | Chocolate Crunch<br>Angel Delight / Jelly<br>Yoghurt<br>Muffin<br>Chilled Melon<br>Fresh Fruit | Fruit Shortcake<br>Angel Delight<br>Yoghurt<br>Muffin<br>Chilled Melon<br>Fresh Fruit | Rice Pudding<br>Angel Delight<br>Yoghurt<br>Muffin<br>Chilled Melon<br>Fresh Fruit | Assorted<br>Angel Delight<br>Yoghurt<br>Muffin<br>Chilled Melon<br>Fresh Fruit |