

TCM Week 2 Menu

Wednesday

Breakfast

Selection of cereals, toast & fresh juice

Morning Break

Cheese & ham pin-wheels, toast & fruit

Main Lunch

Salmon & dill fishcakes or
Mild cheddar & potato pastry

Sides

Herb potatoes, glazed carrots & green beans

Desserts

Sticky toffee pudding, toffee sauce, ice-cream

Afternoon

A selection of sandwiches, cakes & fruit

Available All Day

Fresh Juices, Toast, Milk, Whole Fruit, Water

M

Breakfast

Selection of cereals, toast & fresh juice

O

Morning Break

Pork & apple sausage roll, toast & fruit

N

Main Lunch

Italian beef meatballs or
Mediterranean Quorn balls,

D

Sides

Tomato ragu sauce, garlic & rosemary
focaccia, grated cheddar, parmesan salad

A

Desserts

Ice-cream factory

Y

Afternoon

A selection of sandwiches, cakes & fruit

T

Breakfast

Selection of cereals, toast & fresh juice

U

Morning Break

Bacon bap, toast & fruit

E

Main Lunch

Moroccan spiced chicken or
Spiced chickpea & feta

S

Sides

Grilled flatbread, savoury rice,
mint & cucumber yogurt

D

Desserts

Twin ice-lolly

A

Afternoon

A selection of sandwiches, cakes & fruit

Y

T

Breakfast

Selection of cereals, toast & fresh juice

H

Morning Break

Sausage bap, toast & fruit

U

Main Lunch

Crispy shredded beef or

R

Tempura vegetables

Sides

S

Soy noodles, fried rice, hoi sin sauce,
Sweet & sour sauce

D

Desserts

Ice-cream factory

A

Afternoon

A selection of sandwiches, cakes & fruit

V

Breakfast

Selection of cereals, toast & fresh juice

F

Morning Break

Toasted bagel & cream cheese,
toast & fruit

R

Main Lunch

Freshly breaded chicken fillet or
spicy bean burger

I

Sides

D

Crispy bacon, sliced cheddar, fries,
mixed leaf, mayonnaise, tomato sauce

A

Desserts

Chocolate dipped wafer cone filled with
sweetened cream & fresh berries

Y

Afternoon

A selection of sandwiches, cakes & fruit