Parmiter's Lunch Menu - 9/11/26

	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN MEAL	Toad in the hole Gnocchi and tomato bake	Mushroom stroganoff Tandoori chicken	Roast loin of pork Root vegetable cottage pie	Cheddar, parsnip and sweet potato tart Beef stew	Battered pollock Tarka dhal
HOT GRAB & GO	Chicken curry pot Cheese and onion slice	Vegetable chilli Steak bake	Spaghetti bolognaise Vegetable samosa	Vegetable spring roll BBQ chicken drumsticks	Lamb samosa Korean spiced vegetable noodles
PREPARED SALADS	Hoisin noodle salad Chefs salad	Hoisin noodle salad Chefs salad	Hoisin noodle salad Chefs salad	Hoisin noodle salad Chefs salad	Hoisin noodle salad Chefs salad
BAKED DESSERT	Winter spiced apple crumble	Lemon drizzle cake	Banana cake	Flapjacks	Chocolate cake
SOUP OF THE DAY	Tomato	Cheese, potato and garlic	Parsnip, carrot, red lentil and harrisa	Minestrone	Sue's vegetable soup

Allergen information is displayed at the point of service

Available every day

- Pasta & Noodle Bar
- Selection of sandwiches & paninis
- Jacket potatos with hot fillings
- Fresh baked Focaccia rolls
- Fruit pots & cold desserts
- Fresh fruit



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