



THE OPS *Kitchen*

Lunch Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Soup & Homemade Bread	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
The Main Counter	Katsu Chicken Curry	Beef & Lentil Lasagne	Sweet & Sour Pork	Paprika Chicken Thigh	Breaded Scampi Or Fish Fingers
	Veggie Katsu Curry	Vegan Mince Lasagne	Vegetable Sweet & Sour	Vegan Sausage	Battered Halloumi
Fuel Station	Freshly Baked Sweet Potatoes, Classic Jacket Potatoes or Pasta Served with Rustic Tomato Sauce & Curried Baked Beans	Freshly Baked Sweet Potatoes, Classic Jacket Potatoes or Pasta Served with Rustic Tomato Sauce	Freshly Baked Sweet Potatoes, Classic Jacket Potatoes or Pasta Served with Rustic Tomato Sauce & Beef Bolognaise	Freshly Baked Sweet Potatoes, Classic Jacket Potatoes or Pasta Served with Rustic Tomato Sauce	Freshly Baked Sweet Potatoes, Classic Jacket Potatoes or Pasta Served with Rustic Tomato Sauce & Chicken Mayonaise
Sides	Steamed Coconut Rice, Green Beans	Garlic Bread, Carrots & Courgette	Noodles, Pan Fried Green Beans	Roasted New Potatoes Roast Butternut Squash & Carrots	Chips, Peas, & Curry Sauce
Desserts	Natural Yoghurt Pots with Toppings & Freshly Cut Fruit	Strawberry Mousse	Natural Yoghurt Pots with Toppings & Freshly Cut Fruit	Pineapple Upside Down Cake & Cream	Natural Yoghurt Pots with Toppings & Freshly Cut Fruit