

Talbot House - Lunch Menu

Monday						Tuesday						Wednesday						Thursday						Friday					
Week 1 Menu																													
Sausage & mash with carrots						Sweet & sour chicken with rice						Steak pie, chips & peas						scampi, chips & mushy peas						Beef burger, wedges & coleslaw					
Or Sandwich, Wrap or Jacket						Sandwich, Wrap or Jacket						Sandwich, Wrap or Jacket						Sandwich, Wrap or Jacket						Sandwich, Wrap or Jacket					
Chicken Tikka Mayo, Tuna Mayo, Egg Mayo, Turkey, Beans, Cheese, Cheese Savoury, Ham or Jam						Chicken Tikka Mayo, Tuna Mayo, Egg Mayo, Turkey, Beans, Cheese, Cheese Savoury, Ham or Jam						Chicken Tikka Mayo, Tuna Mayo, Egg Mayo, Turkey, Beans, Cheese, Cheese Savoury, Ham or Jam						Chicken Tikka Mayo, Tuna Mayo, Egg Mayo, Turkey, Beans, Cheese, Cheese Savoury, Ham or Jam						Chicken Tikka Mayo, Tuna Mayo, Egg Mayo, Turkey, Beans, Cheese, Cheese Savoury, Ham or Jam					
Salad Bar						Salad Bar						Salad Bar						Salad Bar						Salad Bar					
Fresh Fruit, Yoghurt or Cheese & Crackers Arctic roll & Strawberries						Fresh Fruit, Yoghurt or Cheese & Crackers Iced Muffin						Fresh Fruit, Yoghurt or Cheese & Crackers Jelly & fruit						Fresh Fruit, Yoghurt or Cheese & Crackers Marble cake & custard						Fresh Fruit, Yoghurt or Cheese & Crackers Shortbread biscuit & milk					
Or																													

Monday						Tuesday						Wednesday						Thursday						Friday					
Week 2 Menu																													
Sausage roll, chips & beans						Fish finger wraps						Beef lasange						Tandoori chicken & raita						Pepperoni or Cheese Pizza					
Or Sandwich, Wrap or Jacket						Sandwich, Wrap or Jacket						Sandwich, Wrap or Jacket						Sandwich, Wrap or Jacket						Sandwich, Wrap or Jacket					
Chicken Tikka Mayo, Tuna Mayo, Egg Mayo, Turkey, Beans, Cheese, Cheese Savoury, Ham or Jam						Chicken Tikka Mayo, Tuna Mayo, Egg Mayo, Turkey, Beans, Cheese, Cheese Savoury, Ham or Jam						Chicken Tikka Mayo, Tuna Mayo, Egg Mayo, Turkey, Beans, Cheese, Cheese Savoury, Ham or Jam						Chicken Tikka Mayo, Tuna Mayo, Egg Mayo, Turkey, Beans, Cheese, Cheese Savoury, Ham or Jam						Chicken Tikka Mayo, Tuna Mayo, Egg Mayo, Turkey, Beans, Cheese, Cheese Savoury, Ham or Jam					
Salad Bar						Salad Bar						Salad Bar						Salad Bar						Salad Bar					
Fresh Fruit, Yoghurt or Cheese & Crackers Icecream & fresh fruit						Fresh Fruit, Yoghurt or Cheese & Crackers coconut & jam sponge cake						Fresh Fruit, Yoghurt or Cheese & Crackers Strawberry cheesecake						Fresh Fruit, Yoghurt or Cheese & Crackers Jelly & fruit						Fresh Fruit, Yoghurt or Cheese & Crackers Chocolate cookie & milk					
Or																													

Monday						Tuesday						Wednesday						Thursday						Friday					
Week 3 Menu																													
Chinese chicken curry & rice						Pasta with tomato & salmon						Mince & dumplings, mash & turnip						BBQ chicken, wedges & slaw						Fishcake, chips & mush peas					
Or Sandwich, Wrap or Jacket						Sandwich, Wrap or Jacket						Sandwich, Wrap or Jacket						Sandwich, Wrap or Jacket						Sandwich, Wrap or Jacket					
Chicken Tikka Mayo, Tuna Mayo, Egg Mayo, Turkey, Beans, Cheese, Cheese Savoury, Ham or Jam						Chicken Tikka Mayo, Tuna Mayo, Egg Mayo, Turkey, Beans, Cheese, Cheese Savoury, Ham or Jam						Chicken Tikka Mayo, Tuna Mayo, Egg Mayo, Turkey, Beans, Cheese, Cheese Savoury, Ham or Jam						Chicken Tikka Mayo, Tuna Mayo, Egg Mayo, Turkey, Beans, Cheese, Cheese Savoury, Ham or Jam						Chicken Tikka Mayo, Tuna Mayo, Egg Mayo, Turkey, Beans, Cheese, Cheese Savoury, Ham or Jam					
Salad Bar						Salad Bar						Salad Bar						Salad Bar						Salad Bar					
Fresh Fruit, Yoghurt or Cheese & Crackers Artic roll & fruit						Fresh Fruit, Yoghurt or Cheese & Crackers Eton Mess						Fresh Fruit, Yoghurt or Cheese & Crackers Fruit Salad & ice cream						Fresh Fruit, Yoghurt or Cheese & Crackers Ginger cake & custard						Fresh Fruit, Yoghurt or Cheese & Crackers Oat biscuit & milk					
Or																													

A selection of drinks are available: Reduced fat milk, chilled drinking water, fruit juice with no added sugar. Tea and coffee are available at break times.

We serve balanced and nutritious food, most of our meals are freshly prepared on the day. The meat and vegetables are locally sourced and the eggs are free range. We do not add any salt to our meals and all puddings are made using reduced sugar recipes and fresh fruit. The menu may change to reflect seasonal vegetables and fruit.