

Menu Launceston Trust Menu 2021



Week: 3

	 Monday	 Tuesday	 Wednesday	 Thursday	 Friday	
Main course	Meat	Beef Lasagne	BBQ Chicken Wrap	Roast Pork with Apple Sauce	Sweet and Sour Chicken	Pulled Pork Burger
	Fish	Jacket Potato and Tuna	Jacket Potato and Prawns	Jacket Potato and Tuna	Jacket Potato and Prawns	Fish Burger
	Vegetarian	Vegetable Lasagne(V)	BBQ Vegetable Wrap (V)	Quorn Roast (V)	Sweet and Sour Halloumi (V)	Mozzerella Sticks(V)
	Pasta Bake	Tomato and Basil Pasta	Tomato and Pesto Pasta	Tomato and Basil Pasta	Tomato and Pesto Pasta	Tomato and Basil Pasta
	Starchy food	Spicy Wedges	Hash Browns	Roast Potatoes	Vegetable Rice	Chips
		Jacket Potatoes	Jacket Potatoes	Jacket Potatoes	Jacket Potatoes	Jacket Potatoes
	Vegetables	Peas	Broccoli	Cabbage	Sweetcorn	Peas
		Carrots	Cauliflower	Carrots	Peas	Cauliflower
	Salad	Mixed Salad	Mixed Salad	Mixed Salad	Mixed Salad	Mixed Salad
		Coleslaw	Potato Salad	Coleslaw	Potato Salad	Coleslaw
Extra bread	Petit Pain	Petit Pain	Petit Pain	Petit Pain	Petit Pain	
Dessert	Sultana Cookie	Fruit Jelly	Chocolate Cake	Banoffee Muffin	Apple and Pear Crumble and Custard	
	Fresh Fruit Salad Pot Fresh Fruit Fruit Yougurt	Fresh Fruit Salad Pot Fresh Fruit Fruit Yougurt	Fresh Fruit Salad Pot Fresh Fruit Fruit Yougurt	Fresh Fruit Salad Pot Fresh Fruit Fruit Yougurt	Fresh Fruit Salad Pot Fresh Fruit Fruit Yougurt	

Grab & Go (Hot)

Jumbo Hot Dog Bacon Roll/Hot Dog Filled Bagel French Bread Pizza	BBQ Chicken Wrap Bacon Roll/Hot Dog Filled Bagel French Bread Pizza	Filled Panini Bacon Roll/Hot Dog Filled Bagel French Bread Pizza	Sausage Rolls Bacon Roll/Hot Dog Filled Bagel French Bread Pizza	BBQ Chicken Wrap Bacon Roll/Hot Dog Filled Bagel French Bread Pizza
Toasted Sandwich Bacon Bites Chicken Burger Cheese and Tomato Pizza Ham and Cheese Bagel Filled Jacket Potatoes Pasty Star Wrap	Toasted Sandwich Bacon Bites Chicken Burger Cheese and Tomato Pizza Ham and Cheese Bagel Filled Jacket Potatoes Pasty Star Wrap	Toasted Sandwich Bacon Bites Chicken Burger Cheese and Tomato Pizza Ham and Cheese Bagel Filled Jacket Potatoes Pasty Star Wrap Sausage Roll	Toasted Sandwich Bacon Bites Chicken Burger Cheese and Tomato Pizza Ham and Cheese Bagel Filled Jacket Potatoes Pasty Star Wrap Sausage Roll	Toasted Sandwich Bacon Bites Chicken Burger Cheese and Tomato Pizza Ham and Cheese Bagel Filled Jacket Potatoes Pasty Star Wrap

Grab & Go (Cold)

Sandwiches, Rolls, Baguettes, Wraps and Homemade Cakes	Sandwiches, Rolls, Baguettes, Wraps and Homemade Cakes	Sandwiches, Rolls, Baguettes, Wraps and Homemade Cakes	Sandwiches, Rolls, Baguettes, Wraps and Homemade Cakes	Sandwiches, Rolls, Baguettes, Wraps and Homemade Cakes
Pasta Salads	Pasta Salads	Pasta Salads	Pasta Salads	Pasta Salads

Drinks

Fruit Juices and Waters Milkshakes Tea, Coffee and Hot Chocolate	Fruit Juices and Waters Milkshakes Tea, Coffee and Hot Chocolate	Fruit Juices and Waters Milkshakes Tea, Coffee and Hot Chocolate	Fruit Juices and Waters Milkshakes Tea, Coffee and Hot Chocolate	Fruit Juices and Waters Milkshakes Tea, Coffee and Hot Chocolate
---------------------------------------------------------------------------	---------------------------------------------------------------------------	---------------------------------------------------------------------------	---------------------------------------------------------------------------	---------------------------------------------------------------------------

(N) This dish contains nuts
(V) This dish is suitable for vegetarians