






Menu Launceston Trust Menu 2022



Week: 1

	 Monday	 Tuesday	 Wednesday	 Thursday	 Friday
Main course					
Meat	Beef Bolognese	Chicken Enchillada	Roast Turkey	Chicken Tikka	Chicken Bites with Dip
Fish	Jacket Potato and Tuna	Jacket Potato and Prawns	Jacket Potato and Tuna	Jacket Potato and Prawns	Cod Goujons with Dip
Vegetarian	Quorn Bolognese(V)	Vegetable Enchillada(V)	Leek and Cheese Pastry (V)	Vegetable Tikka (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	Pasta	Hash Browns	Roast Potatoes	Rice	Chips
	Jacket Potatoes	Jacket Potatoes	Jacket Potatoes	Jacket Potatoes	Jacket Potatoes
Vegetables	Peas	Broccoli	Peas	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	White Chocolate Cookie	Oaty Flapjack	Millionaire Shortbread	Toffee Apple Muffin	Apple 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 Roll 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	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
---	---	---	---	---

(V) This dish is suitable for vegetarians