

## Monday 29<sup>th</sup>

Soup: Sweet Potato & Cumin (Vg)  
Mains: Jerk Chicken  
Plant Base Jerk Fillets (Vg)  
Vegetables: Rice & Beans  
Dessert: Coconut & Jam Sponge

## Tuesday 30<sup>th</sup>

Soup: Tomato & Red Pepper (Vg)  
Mains: Lamb Kofta with Couscous  
Cauliflower & Spinach  
Curry (Vg)  
Vegetables: Carrot & Peas  
Dessert: Lemon Posset

## Lunch Club Weekly Menu Week Commencing 29<sup>th</sup> July 2024

3 courses for £6  
2 courses for £5  
Main meal for £4

## Wednesday 31<sup>st</sup>

Soup: Broccoli & Stilton (Vg)  
Mains: Roast Pork Shoulder  
Vegetable Pasty  
Vegetables: Green Cabbage & Swede  
Dessert: Fruit Trifle

## Thursday 1<sup>st</sup>

Soup: Cream of Mushroom (Vg)  
Mains: Beef, Liver & Stout Pie  
Cauliflower Cheese  
Vegetables: Parsnips & Green Beans  
Dessert: Chocolate Cake

## Friday 2<sup>nd</sup>

Soup: Country Vegetable (Vg)  
Mains: Battered Haddock Fillet  
Poached Fillet  
Omelette Bar (V)  
Vegetables: Baked Beans & Mushy Peas  
Dessert: Rhubarb Crumble

Food is available from 12noon -2pm.  
Free Lunch Saturdays & Sundays 12.30pm - 1pm

Menu is subject to availability,  
amendments may have to be made  
due to delivery failure

ST LUKE'S  
COMMUNITY  
CENTRE