



WOLVERHAMPTON VOCATIONAL TRAINING CENTRE LUNCH MENU

SEPTEMBER 2019 TO APRIL 2020

WEEK 1

2 SEPTEMBER, 23 SEPTEMBER, 14 OCTOBER, 11 NOVEMBER, 2 DECEMBER, 6 JANUARY, 27 JANUARY, 24 FEBRUARY, 16 MARCH

MONDAY

Cottage Pie
Fish Finger wrap
v - Vegetarian Cottage Pie
Chips and Vegetables
Sticky Toffee Pudding and Custard

TUESDAY

Chicken Tikka Curry
Mediterranean Chicken wrap
v - Cheese and Potato Pie
Rice and Sweetcorn
Seasonal Sponge Pudding and custard

WEDNESDAY

Roast Pork and stuffing
BBQ wrap
v - Quorn chicken pitta pockets
Roast and Baby potatoes
Carrots and cabbage
Apple Crumble and Custard

THURSDAY

Spaghetti Bolognese
Chicken wrap
v - Vegetable and Lentil bolognese
Garlic Bread
Lemon Drizzle Cake and Custard

FRIDAY

Oven Baked Fish
Roast Vegetable wrap
v - Veggi Burger
Chips and Peas
Carrot cake and custard

WEEK 2

9 SEPTEMBER, 30 SEPTEMBER, 21 OCTOBER, 18 NOVEMBER, 9 DECEMBER, 13 JANUARY, 3 FEBRUARY, 2 MARCH, 23 MARCH

Lamb Meatballs and Spaghetti
Fish Finger wrap
v - Veggie Meatballs and Spaghetti
Broccoli and Carrots
Fruit Cheesecake

Hunters Chicken
Mediterranean Chicken wrap
v - Quorn Sausage
Baby potatoes and sweetcorn
Pineapple upside down cake and custard

Roast Beef and Yorkshire Pudding
BBQ wrap
v - Cauliflower cheese
Boiled and roast potatoes, cabbage and carrots
Victoria Sponge

Steak Pie
Chicken wrap
v - Quorn Pie
Mixed vegetables
Lemon Meringue Pie

Chicken pitta/pizza pockets
Roast Vegetable wrap
v - Pasty
Chips and Peas
Muffin

WEEK 3

16 SEPTEMBER, 7 OCTOBER, 4 NOVEMBER, 25 NOVEMBER, 16 DECEMBER, 20 JANUARY, 10 FEBRUARY, 9 MARCH, 30 MARCH

Chicken Tikka
Fish Finger wrap
v - Quorn tikka
Naan Bread
Eton mess

Cowboy Hotpot
Mediterranean Chicken wrap
v - Quorn Sausage
Wedges, Sweetcorn and Rainbow Slaw
Bakewell tart

Roast Chicken and Seasoning
BBQ wrap
v - Macaroni Cheese
Roast and baby potatoes, cabbage and carrots
Apple and blackcurrant crumble and custard

Lasagne
Chicken wrap
v - Tomato pasta bake
Garlic bread
Fruit flapjack

Tempura Fish Goujon wrap
Roast Vegetable wrap
v - Margherita Pizza
Chips and baked beans
Chocolate brownie and chocolate sauce

DAILY ITEMS

(ALWAYS AVAILABLE)

Jacket potato with cheese and/or beans • baguette or sandwich - ham or cheese • Salad • fruit

