

**Mount Lourdes - Weekly Canteen Menu**

| <b>MONDAY</b>   | <b>TUESDAY</b>   | <b>WEDNESDAY</b>  | <b>THURSDAY</b>  | <b>FRIDAY</b>   | <b>Vary Throughout Week</b>  |
|---|--|---|--|---|--|
| <b>Mains</b>  | <b>Mains</b>   | <b>Mains</b>  | <b>Mains</b>   | <b>Mains</b>  | <b>Specials</b>  |
| Chicken Curry<br>Chicken and Broccoli Bake<br>Butter Chicken Flatbread<br>Spice Bag Chicken | Roast Gammon<br>Roast Chicken<br>Pasta Bolognese<br>Spice Bag Chicken<br>Tomato and Basil Pasta<br>Butter Chicken Flatbread<br>Toasted Ciabatta Various Fillings | Chicken Curry<br>Sticky BBQ Chicken<br>Chicken Fajita Rice<br>Spice Bag Chicken<br>Garlic and Chicken Noodles | Creamy Chicken and Pasta<br>Roast Gammon<br>Roast Chicken<br>Spice Bag Chicken<br>Taco Mince Rice<br>Butter Chicken Flatbread<br>Toasted Ciabatta Various Fillings | Chicken Curry<br>Honey Chilli Chicken<br>Sheperds Pie<br>Spice Bag Chicken<br>Nandos Chicken Tray Bake<br>Toasted Ciabatta Various Fillings | Chicken Tikka Traybake<br>Nandos Chicken<br>Hot Wraps<br>Honey Chilli Chicken<br>Toasted Bagels/Ciabatta<br>Peppered Chicken |
| <b>Sides</b>  | <b>Sides</b>   | <b>Sides</b>  | <b>Sides</b>   | <b>Sides</b>  | <b>Daily Snacks</b>  |
| Rice<br>Chips<br>Creamed Potato<br>Vegetables<br>Wedges                                     | Rice<br>Pasta<br>Creamed Potato<br>Vegetables<br>Wedges  | Rice<br>Chips<br>Creamed Potato<br>Vegetables<br>Wedges   | Rice<br>Pasta<br>Creamed Potato<br>Vegetables<br>Wedges  | Rice<br>Chips<br>Creamed Potato<br>Vegetables<br>Wedges   | Chicken Goujons / Kebabs<br>Salad Bar<br>Beef burger / Hot Dog<br>Pizza<br>Panini  |