

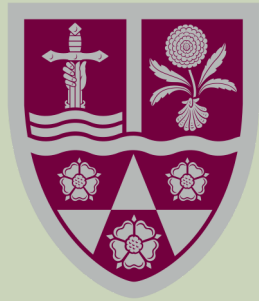
AKS Lytham

M E N U

Week 1



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
TUSCAN BEAN SOUP Homemade bread, toasted seeds, crispy onions & croutons		MUSHROOM SOUP Homemade bread, toasted seeds, crispy onions & croutons		PARSNIP SOUP Homemade bread, toasted seeds, crispy onions & croutons		CREAMY VEGETABLE SOUP Homemade bread, toasted seeds, crispy onions & croutons		TOMATO & BASIL SOUP Homemade bread, toasted seeds, crispy onions & croutons	
CHICKEN BURGER OR VEGE BURGER Cajun mayo, salad stack toasted corn, potato wedges		BEEF LASAGNE OR VEGGIE LASAGNE Crunchy redslaw, house focaccia, baked root vegetables		ROAST BREAST OF CHICKEN OR VEGGIE CRUMBLE Yorkshire pudding, roast potatoes, sage & onion stuffing glazed carrots, green beans & gravy		KUNG PAO CHICKEN OR TOFU Steamed rice, prawn crackers & crispy veggie rolls		PEPPERONI OR CHEESE & TOMATO PIZZA SLICE Fries, garlic mayo, ketchup salad stack & baked beans	
DELI SANDWICH BAR SPECIAL Tuna crunch		DELI SANDWICH BAR SPECIAL Coronation chicken		DELI SANDWICH BAR SPECIAL Bacon ,lettuce & tomato		DELI SANDWICH BAR SPECIAL Greek salad		FISH FINGERS Fries, baked beans, mushy peas, curry sauce & gravy	
FRESH PASTA OF THE DAY Carbonara		FRESH PASTA OF THE DAY Pepperoni arrabiatta		FRESH PASTA OF THE DAY Beef ragu		FRESH PASTA OF THE DAY Chicken & sun-dried tomato		STEAMED FILLET OF FISH New potatoes & salsa verde	
BAKED POTATOES Plain or spiced jacket potatoes with baked beans, cheese & choice of salads		BAKED POTATOES Plain or spiced jacket potatoes with baked beans, cheese & choice of salads		BAKED POTATOES Plain or spiced jacket potatoes with baked beans, cheese & choice of salads		BAKED POTATOES Plain or spiced jacket potatoes with baked beans, cheese & choice of salads		BELGIAN WAFFLE & VANILLA ICE CREAM Selection of yoghurts & jellies Mixed yoghurts	
APPLE & BLACKBERRY CRUMBLE VANILLA CUSTARD Selection of yoghurts & jellies Fresh pineapple pot		FRUITY FLAPJACK Selection of yoghurts & jellies Watermelon & mint		PINEAPPLE UPSIDEDOWN CAKE & CUSTARD Selection of yoghurts & jellies Mixed melon pot		ROCKY ROAD Selection of yoghurts & jellies Mixed berry pot			
SALAD BAR Daily changing choice of mixed salads & cut vegetables with choice of dressings & accompaniments					DELI SANDWICH BAR Selection of sandwiches on various breads with choice of meat, fish & vegetarian fillings served with a bag of crisps				



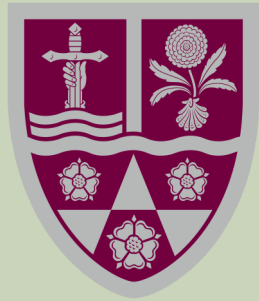
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Week 2



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
LEEK & POTATO SOUP Homemade bread, toasted seeds, crispy onions & croutons		MINESTRONE SOUP Homemade bread, toasted seeds, crispy onions & croutons		CARROT & CORIANDER SOUP Homemade bread, toasted seeds, crispy onions & croutons		TOMATO, COURGETTE & PESTO SOUP Homemade bread, toasted seeds, crispy onions & croutons		SWEETCORN CHOWDER SOUP Homemade bread, toasted seeds, crispy onions & croutons	
CHILLI BEEF OR VEGGIE CON CARNE Tortilla chips. 50/50 rice, sour cream & toasted corn		“AKS FRY UP” Pork or veggie sausage, bacon, hashbrown, baked beans, fried bread, scrambled egg, mushrooms		ROAST PORK LOIN OR VEGGIE COTTAGE PIE Yorkshire pudding, roast potatoes, sage & onion steamed broccoli, carrots & gravy		CHICKEN KORMA MASALA OR CHICKPEA & SPINACH CURRY Mini naan, basmati rice, mango chutney, raita & bhaji		PORK SAUSAGES, CHEESE & ONION PASTY OR FISH FINGERS Fries, baked beans, mushy peas, curry sauce & gravy	
DELI SANDWICH BAR SPECIAL Prawn & avo		DELI SANDWICH BAR SPECIAL Chicken & bacon		DELI SANDWICH BAR SPECIAL Tuna & sweetcorn		DELI SANDWICH BAR SPECIAL Sweet chilli chicken		SEAFOOD PIE Fries, baked beans, mushy peas, curry sauce & gravy	
FRESH PASTA OF THE DAY Carbonara		FRESH PASTA OF THE DAY Pepperoni arrabiatta		FRESH PASTA OF THE DAY Beef ragu		FRESH PASTA OF THE DAY Chicken & sun-dried tomato		RAINBOW SHORTBREAD Mixed jellies Fruit salad Mixed yoghurts	
BAKED POTATOES Plain or spiced jacket potatoes with baked beans, cheese & choice of salads		BAKED POTATOES Plain or spiced jacket potatoes with baked beans, cheese & choice of salads		BAKED POTATOES Plain or spiced jacket potatoes with baked beans, cheese & choice of salads		BAKED POTATOES Plain or spiced jacket potatoes with baked beans, cheese & choice of salads			
PEAR & CHOCOLATE CRUMBLE WITH VANILLA CUSTARD Selection of yoghurts & jellies Fresh pineapple pot		ICED JAM DOUGHNUT Selection of yoghurts & jellies Watermelon & mint		SYRUP SPONGE & CUSTARD Selection of yoghurts & jellies Mixed melon pot		CHOCOLATE BROWNIE Selection of yoghurts & jellies Mixed berry pot			
SALAD BAR Daily changing choice of mixed salads & cut vegetables with choice of dressings & accompaniments					DELI SANDWICH BAR Selection of sandwiches on various breads with choice of meat, fish & vegetarian fillings served with a bag of crisps				



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M E N U

Week 3



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SWEET POTATO, LENTIL & COCONUT SOUP Homemade bread, toasted seeds, crispy onions & croutons TERIYAKI PORK NOODLE STIR FRY TERIYAKI QUORN NOODLE STIR FRY (V) spicy mayo glazed veggie rolls Warm green bean, edamame & baked butternut squash salad DELI SANDWICH BAR SPECIAL BBQ chicken salad FRESH PASTA OF THE DAY Carbonara BAKED POTATOES Plain or spiced jacket potatoes with baked beans, cheese & choice of salads TOFFEE APPLE CRUMBLE WITH CUSTARD Selection of yoghurts & jellies Mixed berry pot	BARLEY & VEGETABLE SOUP Homemade bread, toasted seeds, crispy onions & croutons CHICKEN OR VEGGIE FAJITAS Paprika potato wedges, sour cream, guacamole & salsa DELI SANDWICH BAR SPECIAL Sicilian tuna FRESH PASTA OF THE DAY Pepperoni arrabiatta BAKED POTATOES Plain or spiced jacket potatoes with baked beans, cheese & choice of salads CHOCOLATE CHIP MUFFIN Selection of yoghurts & jellies Watermelon & mint	BROCCOLI & STILTON SOUP Homemade bread, toasted seeds, crispy onions & croutons GLAZED GAMMON OR CHEDDAR VEGETABLE GALETTE Yorkshire pudding, roast potatoes, cauliflower garden peas wuth sugarsnaps & gravy DELI SANDWICH BAR SPECIAL Hoi-sin beef FRESH PASTA OF THE DAY Beef ragu BAKED POTATOES Plain or spiced jacket potatoes with baked beans, cheese & choice of salads STICKY TOFFEE PUDDING BUTTERSCOTCH SAUCE Selection of yoghurts & jellies Mixed melon pot	BUTTERNUT SQUASH & SAGE SOUP Homemade bread, toasted seeds, crispy onions & croutons BEEF CHEESE BURGER OR VEGE BURGER House mayo, salad stack red baked fries GRILLED CHICKEN CAESAR SALAD DELI SANDWICH BAR SPECIAL Pigs in blankets FRESH PASTA OF THE DAY Chicken & sun-dried tomato BAKED POTATOES Plain or spiced jacket potatoes with baked beans, cheese & choice of salads CHOCOLATE RICE CRISPY CAKE Selection of yoghurts & jellies Fresh pineapple pot	PEA & WATERCRESS SOUP Homemade bread, toasted seeds, crispy onions & croutons SOUTHERN FRIED CHICKEN Garlic mayo & shredded salad Fries, baked beans, mushy peas, curry sauce & gravy FISH FINGERS OR TERIYAKI CAULIFLOWER BAO BUNS Fries, baked beans, mushy peas, curry sauce & gravy ICE CREAM BAR Mixed jellies Fruit salad Mixed yoghurts
SALAD BAR Daily changing choice of mixed salads & cut vegetables with choice of dressings & accompaniments		DELI SANDWICH BAR Selection of sandwiches on various breads with choice of meat, fish & vegetarian fillings served with a bag of crisps		