

Menu Plan August 2024

At TMP HQ we offer freshly prepared lunches on Tuesdays, Wednesdays and Thursdays from our 4-star rated professional kitchen. They are served at 12.30pm and can be enjoyed in our café area for all room hire guests. Meals can also be purchased to take away.

We charge **£3.50 per meal**, with all profit going back into funding our lifesaving work.

Orders must be placed by Friday for the following week.

For any allergens, special diets, intolerances etc please speak with Sarah who will liaise with our kitchen staff to accommodate wherever possible. Sarah.king@matthewproject.org

Date	Menu	
	Meat based	Vegetarian
Tuesday 6 th	Chicken and mushroom pie with veg	Vegetable Korma with rice
Wednesday 7 th	Sausage and bean casserole with vegetables and mash	Veggie sausage casserole with vegetables and mash
Thursday 8 th	Meatballs in marinara sauce with pasta	Veggie meatballs with pasta
Tuesday 13 th	Chilli Con Carne with jacket potato topped with cheese	Veggie chilli with jacket potato topped with cheese
Wednesday 14 th	Pesto chicken with spaghetti	Vegetarian pesto with courgette, lemon and spaghetti
Thursday 15 th	Fishcakes and vegetables	Veg 'fish'cakes with seasonal vegetables
Tuesday 20 th	Honey roast ham/pork with vegetables, mash and gravy	Roasted courgette, mushroom, pepper and tomato with cheese & wedges
Wednesday 21 st	Spaghetti bacon and mushrooms carbonara with garlic bread	Veggie carbonara with garlic bread
Thursday 22 nd	Quiche Lorraine with potato wedges	Roasted summer vegetable and feta quiche with potato wedges
Tuesday 27 th	Pea, fennel and chicken pasta bake with garlic bread	Vegetable pasta bake with garlic bread
Wednesday 28 th	Chilli Con Carne with jacket potatoes	Vegetable chilli with jacket potatoes
Thursday 29 th	Chicken Rogan Josh with rice (allergen free)	Butternut squash & chickpea curry with rice

Subject to change