

Menu Plan July 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 **£5 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 add a note at the time of your booking. Our kitchen staff will try to accommodate wherever possible.

Date	Meat Based	Vegetarian
Tuesday 2nd	Bacon & mushroom spaghetti carbonara with garlic bread	Veggie spaghetti carbonara with garlic bread
Wednesday 3rd	Maple & mustard chicken traybake with coleslaw & salad	Grilled halloumi & roasted peach salad with new potatoes
Thursday 4th	Meat balls in tomato Marinara sauce with Penne pasta	Vegetarian sausages in tomato Marinara sauce with Penne pasta
Tuesday 9th	Quiche Lorraine with potato wedges	Roasted summer vegetables and Feta cheese with potato wedges
Wednesday 10th	CENTRE CLOSED	CENTRE CLOSED
Thursday 11th	Bacon & mushroom spaghetti carbonara with garlic bread	Veggie spaghetti carbonara with garlic bread
Tuesday 16th	Beef lasagne with coleslaw & salad	Veggie lasagne with coleslaw & salad
Wednesday 17th	Chicken Saag with rice & Paratha	Paneer Saag with rice & Parartha
Thursday 18th	Sausage meat & shortcrust pastry pie served with vegetables	Vegetarian sausage shortcrust parcels served with vegetables
Tuesday 23rd	Jacket potato with optional fillings & coleslaw	Jacket potato with optional fillings & coleslaw
Wednesday 24th	Honey roast ham/pork with vegetables, mash and gravy	Roasted courgette, mushroom, pepper, tomato with cheese & wedges
Thursday 25th	Tuna and broccoli pasta bake with coleslaw and garlic bread	Ricotta, spinach and broccoli pasta bake with coleslaw and garlic bread
Tuesday 30th	Chicken Rogan Josh with rice	Butternut squash & chickpea curry with rice
Wednesday 31st	Chilli Con Carne with jacket potatoes	Vegetable chilli with jacket potatoes
Thursday 1st	Pea, Fennel and chicken pasta bake and garlic bread	Vegetable pasta bake & Garlic bread

Subject to change