






# Menu

Launceston Trust Menu 2024



**Week: 3**

	 Monday	 Tuesday	 Wednesday	 Thursday	 Friday
<b>Main Meat course</b>	Beef Lasagne	BBQ Chicken Wrap	Roast Pork with Apple Sauce	Sweet and Sour Chicken	Pulled Pork Burger
<b>Daily Specials</b>	Southern style chicken wrap	Chicken Bites and Chips	Pasta with Meatballs or tomato sauce	Tortilla Chips Salsa and Cheese	BBQ Chicken Wraps
<b>Vegetarian</b>	Vegetable Lasagne(V)	BBQ Vegetable Wrap (V)	Quorn Roast (V)	Sweet and Sour Halloumi (V)	Mozzarella Sticks(V)
<b>Pasta Bake</b>	Tomato and Basil Pasta	Tomato and Pesto Pasta	Tomato and Basil Pasta	Tomato and Pesto Pasta	Tomato and Basil Pasta
<b>Starchy food</b>	Spicy Wedges	Hash Browns	Roast Potatoes	Vegetable Rice	Chips
	Jacket Potatoes	Jacket Potatoes	Jacket Potatoes	Jacket Potatoes	Jacket Potatoes
<b>Vegetables</b>	Peas	Broccoli	Cabbage	Sweetcorn	Peas
	Carrots	Cauliflower	Carrots	Peas	Cauliflower
<b>Salad</b>	Mixed Salad	Mixed Salad	Mixed Salad	Mixed Salad	Mixed Salad
<b>Extra bread</b>	Petit Pain	Petit Pain	Petit Pain	Petit Pain	Petit Pain
<b>Dessert</b>	Pudding of the day	Pudding of the day	Pudding of the day	Pudding of the day	Pudding of the day
	Fresh Fruit Salad Pot	Fresh Fruit Salad Pot	Fresh Fruit Salad Pot	Fresh Fruit Salad Pot	Fresh Fruit Salad Pot
	Fresh Fruit Fruit Yogurt	Fresh Fruit Fruit Yogurt	Fresh Fruit Fruit Yogurt	Fresh Fruit Fruit Yogurt	Fresh Fruit Fruit Yogurt

**Grab & Go (Hot)**

Bacon Roll/Hot Dog  
Filled Bagel  
French Bread Pizza

Bacon Roll/Hot Dog  
Filled Bagel  
French Bread Pizza

Bacon Roll/Hot Dog  
Filled Bagel  
French Bread Pizza

Sausage Roll  
Bacon Roll/Hot Dog  
French Bread Pizza

Bacon Roll/Hot Dog  
Filled Bagel  
French Bread Pizza

Toasted Sandwich  
Bacon Bites  
Chicken Burger  
Cheese and Tomato  
Pizza  
Ham and Cheese Bagel  
Filled Jacket Potatoes  
Pasty

Toasted Sandwich  
Bacon Bites  
Chicken Burger  
Cheese and Tomato  
Pizza  
Ham and Cheese Bagel  
Filled Jacket Potatoes

Toasted Sandwich  
Bacon Bites  
Chicken Burger  
Cheese and Tomato  
Pizza  
Ham and Cheese Bagel  
Filled Jacket Potatoes  
Pasty  
Sausage Roll

Toasted Sandwich  
Bacon Bites  
Chicken Burger  
Cheese and Tomato  
Pizza  
Ham and Cheese Bagel  
Filled Jacket Potatoes  
Pasty

Toasted Sandwich  
Bacon Bites  
Chicken Burger  
Cheese and Tomato  
Pizza  
Ham and Cheese Bagel  
Filled Jacket Potatoes

**Grab & Go (Cold)**

Sandwiches, Rolls,  
Baguettes, Wraps and  
Homemade Cakes

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Baguettes, Wraps and  
Homemade Cakes

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Baguettes, Wraps and  
Homemade Cakes

Sandwiches, Rolls,  
Baguettes, Wraps and  
Homemade Cakes

Sandwiches, Rolls,  
Baguettes, Wraps and  
Homemade Cakes

Pasta Salads

Pasta Salads

Pasta Salads

Pasta Salads

Pasta Salads

**Drinks**

Fruit Juices and Waters  
Milkshakes  
Tea, Coffee and Hot  
Chocolate

Fruit Juices and Waters  
Milkshakes  
Tea, Coffee and Hot  
Chocolate

Fruit Juices and Waters  
Milkshakes  
Tea, Coffee and Hot  
Chocolate

Fruit Juices and Waters  
Milkshakes  
Tea, Coffee and Hot  
Chocolate

Fruit Juices and Waters  
Milkshakes  
Tea, Coffee and Hot  
Chocolate

(N) This dish contains nuts

(V) This dish is suitable for vegetarians