

**LUNCH MENU WEEK COMMENCING MONDAY 14th July 2025**

**MONDA****Y**

Sausages in Onion Gravy served with vegetables

Or

Vegetable Bake

Fruit Cobbler served with Ice Cream

 **TUESDAY**

Tomato & Herb Soup

Chicken Casserole

Or

Sweet Potato & Black Bean Stew

**WEDNESDAY**

Roast Pork Dinner

or

Spicy Cauliflower Steak

Pineapple upside down served with Custard

 **THURSDAY**

Vegetable Soup

Fish cake served with Chips & Peas

or

Bean & Pepper Chilli

**FRIDAY**

Roast Beef Dinner

Or

Courgette & Dukkah Sprinkle

Trifle

Lunch costs £6 per person and must be booked in advance at the Assynt Centre no later than 10:00am on the day of lunch. Please book early to avoid disappointment.

**Telephone 01571 844144**

The Assynt centre, Kirk Road, Lochinver, IV27 4LT