

# WEEK ONE

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### OPTION #1

**CLASSIC BEEF LASAGNE**  
With Garlic Bread 

**HOT WOK CHICKEN NOODLES**

**BUTCHERS SAUSAGE & MASH**  
with Onion Gravy

**SPICE & RICE**

**CHICKEN KORMA**  
with 50/50 Rice 

**BATTERED FILLET OF FISH**  
served with Chips & Tartare Sauce

### OPTION #2

**QUORN AND BLACK BEAN FAJITAS**  
with Rice 

**CAJUN SWEET POTATO & SPINACH TART**  
with New Potatoes

**VEGGIE SAUSAGE & MASH**  
with Onion Gravy 

**SWEET POTATO, CHICKPEA & SPINACH TIKKA**  
with 50/50 Rice  

**GREEK SPINACH & FILO PARCELS**  
and Chips

### ON THE SIDE

Green Beans  
Carrots

Sweetcorn  
Roasted Broccoli

Red Cabbage  
Peas

Roasted  
Cauliflower &  
Sambals

Peas  
Coleslaw

### DESSERT OF THE DAY

**LEMON DRIZZLE SPONGE**

**BLONDIE WITH BERRIES**

**APPLE & CHERRY OATY CRUMBLE**  
with Custard 

**FRUIT MUFFIN**

**PINEAPPLE UPSIDE DOWN CAKE**

### ALSO AVAILABLE!

**SOUP OF THE DAY**  
**FILLED JACKET POTATOES**

### CHECK OUT...

**OUR HOT AND COLD**  
**GRAB & GO SELECTION**

### MENU KEY

 **VEGAN OPTION**  
 **SOURCE OF WHOLEMEAL**  
 **ADDED PLANT PROTEIN**

### ALLERGIES

PLEASE SPEAK TO A MEMBER OF STAFF IF YOU HAVE AN ALLERGY AND NEED TO KNOW WHAT'S INSIDE OUR FOOD DISHES. THEY WILL ADVISE YOU OF YOUR AVAILABLE CHOICES.

# WEEK TWO

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### OPTION #1

**CHEESE AND ONION QUICHE**  
With New Potatoes

### STREET FOOD

**SPICY CHICKEN**  
With Khobez and Tabbouleh Salad


**THE CLASSIC ROAST DINNER**  
with all the trimmings

**BEEF MEATBALLS IN TOMATO SAUCE**  
with 50/50 Rice



**FISHFINGERS OR SALMON FISHCAKES**  
with Chips

### OPTION #2

**GREEN THAI VEGETABLE CURRY**  
with Rice 

**HOUMOUS AND FALAFEL**  
With Khobez and Tabbouleh Salad 

**BUTTERNUT & BEETROOT WELLINGTON**  
with Roast Potatoes & Gravy 

**TOFU AND BROCCOLI WOK FRIED RICE**  
 

**LOADED HOUND DOG**  
with Chips

### ON THE SIDE

Roasted Butternut Squash Cauliflower

Red Cabbage Slaw and Roasted Chickpea Salad

Broccoli Sweetcorn

Carrots Green Beans

Baked Beans Garden Peas

### DESSERT OF THE DAY

**CINNAMON APPLE TURNOVER**

**SYRUP SPONGE**

**PLUM & VANILLA CRUMBLE**  
with Custard 

**VANILLA SPONGE**

**CARROT CAKE**

### ALSO AVAILABLE!

**SOUP OF THE DAY**  
**FILLED JACKET POTATOES**

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# WEEK THREE

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY


## FRIDAY

### OPTION #1

**STICKY SOY AND HONEY NOODLES**

THE MEXICAN KITCHEN

**MEXICAN BEEF CHILLI**

with 50/50 Rice or Soft Tacos 

**CREAMY CHICKEN PIE**  
with Crispy Roasties & Gravy

**CHICKEN KATSU CURRY**  
with Rice

**BATTERED FISH**  
with Chips & Tartare Sauce

### OPTION #2

**VEGETABLE PLAIT**  
with New Potatoes and Gravy 

**MEXICAN VEGETABLE RICE**

**ROAST QUORN & YORKSHIRE PUDDING,**  
Crispy Roasties and Gravy 

**SMOKEY BBQ PLANT BALLS**  
with Couscous/ Spaghetti 

**THE BIG PLANT BURGER**  
with Chips 

### ON THE SIDE

Green Beans  
Sweetcorn

Pineapple  
Salsa & Slaw

Roasted Carrots  
Swede

Broccoli  
Roasted  
Vegetables

Garden Peas  
Baked Beans

### DESSERT OF THE DAY

**WARM BANANA FLAPJACK** 

**SCHOOL CAKE**

**CHOCOLATE SHORTBREAD CAKE**

**STICKY TOFFEE APPLE CRUMBLE**  
with Custard 

**PANCAKES & CHERRY SAUCE**

### ALSO AVAILABLE!

**SOUP OF THE DAY  
FILLED JACKET POTATOES**

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GRAB & GO SELECTION**

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PLANT  
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VEGAN OPTION



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