

# WEEK ONE

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### OPTION #1

HOT WOK CHICKEN NOODLES

PASTA BOLOGNAISE SERVED

WITH GARLIC BREAD

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

CAJUN SWEET POTATO & SPINACH TART

QUORN AND BLACK BEAN FAJITAS

with Rice



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 Broccoli

Red Cabbage Peas

Roasted Cauliflower & Sambals

Peas Coleslaw

### DESSERT OF THE DAY

A SELECTION OF CAKES AND COOKIES

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### ALSO AVAILABLE!

SOUP OF THE DAY  
FILLED JACKET POTATOES

### CHECK OUT...

OUR HOT AND COLD  
GRAB & GO SELECTION

### MENU KEY

ADDED PLANT PROTEIN  VEGAN OPTION  SOURCE OF WHOLEMEAL 

### 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

### OPTION #2

### ON THE SIDE

### DESSERT OF THE DAY

#### CHEESE AND ONION QUICHE

With New Potatoes

#### GREEN THAI VEGETABLE CURRY

with Rice

Roasted Butternut Squash Cauliflower

#### A SELECTION OF CAKES AND COOKIES

#### STREET FOOD

#### SPICY CHICKEN

With Khobez and Tabbouleh Salad

#### HOUMOUS AND FALAFEL

With Khobez and Tabbouleh Salad

Red Cabbage Slaw and Roasted Chickpea Salad

#### A SELECTION OF CAKES AND COOKIES

#### THE CLASSIC ROAST DINNER

with all the trimmings

#### BUTTERNUT & BEETROOT WELLINGTON

with Roast Potatoes & Gravy

Broccoli Sweetcorn

#### A SELECTION OF CAKES AND COOKIES

#### BEEF MEATBALLS IN TOMATO SAUCE

with 50/50 Rice

#### TOFU AND BROCCOLI WOK FRIED RICE

Carrots Green Beans

#### A SELECTION OF CAKES AND COOKIES

#### FISHFINGERS OR SALMON FISHCAKES

with Chips

#### LOADED HOUND DOG

with Chips

Baked Beans Garden Peas

#### A SELECTION OF CAKES AND COOKIES





### ALSO AVAILABLE!

SOUP OF THE DAY  
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# WEEK THREE

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### 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

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GRAB & GO SELECTION

### MENU KEY

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PROTEIN



VEGAN OPTION



SOURCE OF  
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