

WEEK ONE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

OPTION #1

CLASSIC BEEF BOLOGNAISE
With Garlic Bread

THE MEXICAN KITCHEN

MEXICAN BEEF CHILLI
with 50/50 Rice or Soft Tacos

FLAVOURED CHICKEN with Roast Potatoes and Gravy

GREEN THAI CHICKEN CURRY with 50/50 Rice

FISHFINGERS OR SALMON FISHCAKES with Chips

OPTION #2

AUTUMN VEGETABLE RISOTTO

MEXICAN VEGETABLE RICE

CAJUN SWEET POTATO & SPINACH TART with Roast Pots

STICKY SOY AND HONEY NOODLES

LOADED HOUND DOG with Chips

ON THE SIDE

Green Beans
Carrots

Pineapple
Salsa & Slaw

Cauliflower
Peas

Sweetcorn
Roasted Broccoli

Baked Beans
Coleslaw

DESSERT OF THE DAY

PINEAPPLE UPSIDE DOWN CAKE with Custard

OATY COOKIE

PLUM & VANILLA CRUMBLE with Custard

SCHOOL CAKE

LEMON DRIZZLE SPONGE

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

MACARONI CHEESE
With Toppings

STREET FOOD

SPICY CHICKEN

With Khobez and Tabbouleh Salad

BUTCHERS SAUSAGE & MASH

with Onion Gravy

HOT WOK CHICKEN NOODLES

BATTERED FILLET OF FISH
served with Chips & Tartare Sauce

OPTION #2

QUORN AND BLACK BEAN FAJITAS
with Rice

HOUMOUS AND FALAFEL

With Khobez and Tabbouleh Salad

VEGGIE SAUSAGE & MASH
with Onion Gravy

BLACK BEAN VEGETABLES
with Rice

GREEK SPINACH & FILO PARCELS
and 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

BLONDIE WITH BERRIES

SYRUP SPONGE
with Custard

APPLE & CHERRY OATY CRUMBLE
with Custard

CHOCOLATE SHORTBREAD CAKE

PEAR UPSIDE DOWN CAKE

ALSO AVAILABLE!

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TUESDAY

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THURSDAY

FRIDAY

OPTION #1

VEGETARIAN THAI NOODLES

MEATBALLS IN TOMATO SAUCE
with Spaghetti

THE CLASSIC ROAST DINNER
with all the trimmings



CHICKEN KORMA
with 50/50 Rice

BATTERED FISH
with Chips & Tartare Sauce

OPTION #2

VEGAN MEATBALL PASTA BAKE

VEGETABLE BIRYANI

ROAST QUORN,
with all the trimmings

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

THE BIG PLANT BURGER
with Chips

ON THE SIDE

Green Beans
Sweetcorn

Broccoli
Roasted Vegetables

Roasted Carrots
Red Cabbage

Roasted Cauliflower & Sambals

Garden Peas
Baked Beans

DESSERT OF THE DAY

WARM BANANA FLAPJACK

VANILLA SPONGE

JAM SPONGE
with Custard

STICKY TOFFEE APPLE CRUMBLE
with Custard

BERRY CRUMBLE CAKE

ALSO AVAILABLE!

SOUP OF THE DAY
FILLED JACKET POTATOES

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