

WEEK ONE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

OPTION #1

BUTTERNUT MAC & CHEESE
With Crunchy Topping



BEEF CHILLI
with Rice and Sour Cream



PORK OR CHICKEN SAUSAGE
Roast Potatoes and Gravy



CHICKEN TIKKA MASALA
With 50/50 Rice



BREADED FISH
with Chips & Garden Peas



OPTION #2

QUORN & VEGETABLE CHOW MEIN



FALAFEL WRAPS
with Couscous and Mint & Yoghurt Dip



VEGAN SAUSAGE
With Roast Potatoes and Gravy



SWEET POTATO & CHICKPEA CURRY
with 50/50 Rice



CHEESE & LEEK FRITTATA
with Chips and Garden Peas



ON THE SIDE

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

DESSERT OF THE DAY

PINEAPPLE UPSIDE DOWN CAKE



CHOCOLATE CRUNCH CAKE



STICKY TOFFEE APPLE CRUMBLE
With Custard



WARMED JAMAICAN GINGER CAKE
with Ice Cream or Custard



ICED SPONGE CAKE



ALSO AVAILABLE!

SOUP OF THE DAY
FILLED JACKET POTATOES

CHECK OUT...

OUR HOT AND COLD
GRAB & GO SELECTION

MENU KEY

VEGAN OPTION
 ADDED PLANT PROTEIN
 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

#1

CHEESE AND TOMATO QUICHE

With Potato Wedges



BEEF LASAGNE

with Garlic Bread and Salad



CREAMY CHICKEN AND BROCCOLI PIE

with New Potatoes



JERK CHICKEN

with Rice and Peas and Pineapple Slaw



FISH IN BATTER

with Chips



OPTION #2

#2

CRUNCHY LENTIL PASTA BAKE

with Roast Veg



CHICKPEA AND SWEET POTATO TAGINE

With Couscous



LEEK, ONION & POTATO TRAY BAKE



CURRIED SQUASH & BUTTERBEAN STEW

with Rice and Peas & Slaw



VEGAN BURGER

with Chips



ON THE SIDE

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

DESSERT OF THE DAY

CHOCOLATE SPONGE PUDDING



APPLE PIE

With Cream



PEAR & CHOC CRUMBLE

With Custard



JAM & COCONUT SPONGE



DATY FLAPJACK



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



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WEEK THREE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

OPTION #1

CHEESY CHILLI CHICKEN PASTA



CHICKEN SOUVLAKI
with Golden Rice /Seasoned Potatoes



ROAST OF THE DAY
New Potatoes & Gravy



ENCHILADAS
Pork, Beef or Chicken (choose one) with 50/50 Rice



CHIP SHOP FISH / SAUSAGE
with Chips, Mushy Peas and Gravy/ Curry Sauce



OPTION #2

SPAGHETTI & PLANT BASED MEATBALLS



SPINACH & CHEESE WHIRL
Golden Rice or Seasoned Potatoes



LENTIL WELLINGTON
with New Potatoes & Gravy



MEXICAN SOYA CHILLI
with 50/50 Rice and Sour Cream



VEGAN SAUSAGE
Chips, Mushy Peas & Gravy/ Curry Sauce



ON THE SIDE

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

DESSERT OF THE DAY

CHOC ORANGE COOKIE



SUMMER FRUIT CRUMBLE
With Custard



FRUIT MUFFINS



PEACH CAKE
With Custard



CHOCOLATE BROWNIE



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

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