

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

 **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

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

CRUNCHY LENTIL PASTA BAKE
with Roasted Vegetables

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...

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WEEK THREE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

OPTION #1

#1

OPTION #2

#2

ON THE SIDE

DESSERT OF THE DAY

CHEESY CHILLI CHICKEN PASTA

CHICKEN SOUVLAKI
with Golden Rice or 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

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

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

Vegetables 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

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FRIDAY

OPTION #1

SECV43
**BUTTERNUT
MAC & CHEESE**
With Crunchy
Topping

SECMK1 SECS039
SECMK11 **BEEF
CHILLI**
with Rice and
Sour Cream

SECP4 /SEGC11
SECS021 SECS08
**PORK /CHICKEN
SAUSAGE**
Roast Potatoes
and Gravy

SECSR14 SECS039
**CHICKEN TIKKA
MASALA**
With 50/50 Rice

SECF4 SECS04
SECS06
BREADED FISH
with Chips &
Garden Peas

OPTION #2

SECV44
**QUORN &
VEGETABLE
CHOW MEIN**

SECV42 SECS040
SECSF19 **FALAFEL
WRAPS**
with Couscous
and Mint & Yoghurt
Dip

SECV19 SECS021
SECS08 **VEGAN
SAUSAGE**
With Roast
Potatoes and Gravy

SECSR5 SECS039
**SWEET
POTATO &
CHICKPEA CURRY**
with 50/50 Rice

SECV28 SECS04
SECS06 **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

SECD42
**PINEAPPLE UPSIDE
DOWN CAKE**

SECD33
**CHOCOLATE
CRUNCH CAKE**

SECD20 SECD28
**STICKY TOFFEE
APPLE CRUMBLE**
With Custard

SECC13 SECD28
SECD45 **WARMED
JAMAICAN GINGER CAKE**
with Ice Cream or
Custard

SECD37
**ICED SPONGE
CAKE**

ALSO AVAILABLE!

**SOUP OF THE DAY
FILLED JACKET POTATOES**

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ADDED PLANT
PROTEIN

VEGAN OPTION



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OPTION #1

SECV40 SECS02
CHEESE AND TOMATO QUICHE
With Potato Wedges

SECB3 SECS023 SECS030
BEEF LASAGNE
with Garlic Bread and Salad

SECCH4 SECS028
CREAMY CHICKEN AND BROCCOLI PIE
with New Potatoes

SECCC4 SECCC10 SECCC11
JERK CHICKEN
with Rice and Peas and Pineapple Slaw

SECF7 SECS04
FISH IN BATTER
with Chips

OPTION #2

SECV41
CRUNCHY LENTIL PASTA BAKE
with Roasted Vegetables

SECV45 SECS040
CHICKPEA AND SWEET POTATO TAGINE
With Couscous

SECV46
LEEK, ONION & POTATO TRAY BAKE

SECC2 SECCC10 SECCC11
CURRIED SQUASH & BUTTERBEAN STEW
with Rice and Peas & Slaw

SECV14 SECS04
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

SECD36
CHOCOLATE SPONGE PUDDING

SECD5 SECD13
APPLE PIE
With Cream

NEW SECD28
PEAR & CHOC CRUMBLE
With Custard

SECD35
JAM & COCONUT SPONGE

SECMB5
OATY FLAPJACK

ALSO AVAILABLE!

**SOUP OF THE DAY
FILLED JACKET POTATOES**

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FRIDAY

OPTION #1

OPTION #2

ON THE SIDE

DESSERT OF THE DAY

SECCH15 CHEESY CHILLI CHICKEN PASTA

SECY1 / SECY12
SECY11 *SECSD42*
CHICKEN SOUVLAKI
with Golden Rice or Seasoned Potatoes

SECP3 *SECCH13*
SECSD28 *SECSD8*
ROAST OF THE DAY
New Potatoes & Gravy

SECB2 *SECPI*
SECCH6
ENCHILADAS
Pork, Beef or Chicken (*choose one*) with 50/50 Rice

SECF7 *SECP4* *SECSD4*
SECSD31 *SECSD8* *SECSD29*
CHIP SHOP FISH / SAUSAGE
with Chips, Mushy Peas and Gravy/ Curry Sauce

SECSD10 *SECV2*
SECPK11
SPAGHETTI & PLANT BASED MEATBALLS

SECY4 *SECY11*
SECSD42 SPINACH & CHEESE WHIRL
Golden Rice or Seasoned Potatoes

SECV17 *SECSD28*
SECSD8
LENTIL WELLINGTON
with New Potatoes & Gravy

SECMK14 *SECSD39*
SECMK11
MEXICAN SOYA CHILLI
with 50/50 Rice and Sour Cream

SECV19 *SECSD4* *SECSD31*
SECSD8 *SECSD29*
VEGAN SAUSAGE
Chips, Mushy Peas & Gravy/ Curry Sauce

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

SECSD41 CHOC ORANGE COOKIE

SECSD17 *SECSD28*
SUMMER FRUIT CRUMBLE
With Custard

SECDB
FRUIT MUFFINS

SECSD32 *SECSD28*
PEACH CAKE
With Custard

SECMB2
CHOCOLATE BROWNIE

ALSO AVAILABLE!

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