

WEEK ONE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

OPTION

#1

OPTION

#2

ON THE SIDE

DESSERT OF THE DAY

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



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



Vegetables of the Day

Vegetables of the Day

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Vegetables 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

OPTION #2

ON THE SIDE

DESSERT OF THE DAY

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



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



Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

CHOCOLATE SPONGE PUDDING



APPLE PIE

With Cream



PEAR & CHOC CRUMBLE

With Custard



JAM & COCONUT SPONGE



OATY FLAPJACK



ALSO AVAILABLE!

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FILLED JACKET POTATOES

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

OPTION #1

OPTION #2

ON THE SIDE

DESSERT OF THE DAY

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



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



YAMAS!

ALSO AVAILABLE!

SOUP OF THE DAY
FILLED JACKET POTATOES

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PROTEIN

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