

# WEEK ONE

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### MAIN #1



Crunchy Crouton  
Mac & Cheese

Pork, Beef or Chicken  
Enchilada (choose  
one) with Rice

Roast Gammon, Roast  
Beef or Roast Turkey  
(choose one), New  
Potatoes, Seasonal  
Vegetables & Gravy



Jerk Chicken with Rice  
and Peas and Pineapple  
Slaw

Chip Shop Fish or  
Sausage with  
Chips, Mushy Peas  
and Gravy/ Curry  
Sauce

### MAIN #2



Bang Bang  
Cauliflower Mac &  
Cheese

Quorn Chilli Loaded  
Wedges

Roasted Vegetable  
Filo Pastry Tart  
with New Potatoes  
& Seasonal  
Vegetables



Curried Squash,  
Sweet Potato &  
Butterbean Stew with  
Rice and Peas &  
Pineapple Slaw

Chip Shop Vegan  
Sausage with  
Chips, Mushy Peas  
and Gravy/ Curry  
Sauce

### HANDHELD

Chicken Wings

Sausage Roll

Chicken Wrap

Bacon & Cheese  
Flatbread

Veggie Pitta Pizza

### BOWLED OVER

Rice Bowl

Pasta Kitchen

Vegetarian  
Noodle Street

Loaded Nachos

Pasta Kitchen

### MODERN BAKERY

Pineapple Upside  
Down Cake

Chocolate Crunch  
Cake

Summer Fruit Crumble  
with Custard

Warmed Jamaican  
Ginger Cake with Ice  
Cream or Custard

Iced Sponge Cake

### SUPER SPUDS

DON'T FORGET ABOUT OUR BAKED  
POTATOES WITH A VARIETY OF TOPPING  
FOR YOU TO CHOOSE FROM!

### SOUP STATION

COME AND TRY OUR HOME-  
MADE SOUPS, AVAILABLE DAILY!

### MENU KEY



- IM VEGAN!



- ADDED PLANT  
POWER

### 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

### MAIN #1

Vegetable Chow Mein

  
Chicken Souvlaki with  
Greek Salads


Sausage and Red Onion  
Chutney Hot Baguette  
with Roasted New  
Potatoes

  
Chicken Tikka Masala  
with Rice

Breaded Fish, Chips &  
Garden Peas

### MAIN #2

Sweet and Sour  
Vegetables with Rice

  
Feta, Honey and  
Spinach Parcel with  
Greek Salads

Vegan Sausage and Red  
Onion Chutney Hot  
Baguette with Roasted  
New Potatoes 

  
Sweet Potato, Chickpea  
& Spinach Curry with  
Rice 

Cheese and Leek  
Frittata with Chips and  
Garden Peas

### HANDHELD

Selection of Paninis

Sausage Roll

Chicken Wrap

Bagel Pizza

Chicken Quesadilla

### BOWLED OVER

Rice Bowl

Pasta Kitchen

Noodle Street

Pasta Kitchen

Loaded Nachos

### MODERN BAKERY

Chocolate Sponge  
Pudding

Custard Tart with Mixed  
Berry Compote

Sticky Toffee Apple  
Crumble and Custard

Jam and Coconut  
Sponge

Oaty Flapjack 

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# WEEK THREE

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## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### MAIN #1

Crunchy Topped  
Tomato Pasta Bake  
with Roasted  
Vegetables



THE MEXICAN KITCHEN

Spicy Mexican Chicken  
with Rice and Sides

Beef Lasagne with  
Garlic Bread  
and Salad



FIESTA  
ESPANOL

Chicken Paella with  
Patatas Bravas and  
Salads

Fish and Chips with  
Garden Peas or Baked  
Beans

### MAIN #2

Vegetarian Toad in the  
Hole with Mashed  
Potatoes & Gravy

THE MEXICAN KITCHEN

Vegan Chilli with Rice  
and Sides



Vegetable Ragu with  
Garlic Bread and  
Spaghetti



FIESTA  
ESPANOL

Spanish Tortilla with  
Patatas Bravas and  
Salads

Vegetarian Burger and  
Chips with Garden Peas  
or Baked Beans



### HANDHELD

Selection of Wraps

Pitta Pizza

Chicken Wrap

Selection of Paninis

Sausage Roll

### BOWLED OVER

Rice Bowl

Pasta Kitchen

Rice Bowl

Noodle Street

Pasta Kitchen

### MODERN BAKERY

Chocolate Orange  
Cookie



Apple Pie  
with Cream

Fruit Muffins

Peach Cake

Chocolate Brownie

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