

# 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

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**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

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### 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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# WEEK THREE

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TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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## 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!

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