WEEK ONE

MONDAY

TUESDAY

FRIDAY

OPTION



OPTION



ON THE SIDE

THE DAY

BUTTERNUT MAC & CHEESE

With Crunchy **Topping**

QUORN &

VEGETABLE



BEEF CHILLI

with Rice and Sour Cream





PORK OR **CHICKEN** SAUSAGE

Roast **Potatoes** and Gravy



SPICE & RICE

CHICKEN TIKKA MASALA

With 50/50 Rice



BREADED FISH

with Chips & Garden Peas





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

Vegetables of the Day

STICKY TOFFEE **WARMED JAMAICAN GINGER CAKE** with Ice Cream

Vegetables of the Day

Vegetables of the Day

ICED SPONGE CAKE



PINEAPPLE UPSIDE

CHOCOLATE CRUNCH CAKE

APPLE CRUMBLE

With Custard

SOUP OF THE DAY

OUR HOT AND COLD **GRAB & GO SELECTION**



or Custard

YOU OF YOUR AVAILABLE CHOICES.



WEEK TWO

MONDAY

TUESDAY

THURSDAY

FRIDAY

OPTION



OPTION



ON THE SIDE

DESSERT OF THE DAY

CHEESE AND TOMATO QUICHE

With Potato Wedges

CRUNCHY

BAKE

Roast Veg

with

LENTIL PASTA

Vegetables of the

Day



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





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





CHOCOLATE **SPONGE**

PUDDING



Vegetables of the Day

Vegetables of the Day

PEAR & CHOC CRUMBLE



Vegetables of the Day

JAM & COCONUT **SPONGE**

Vegetables of the Day

DATY FLAPJACK







With Cream

APPLE PIE



YOU OF YOUR AVAILABLE CHOICES.

SOUP OF THE DAY

OUR HOT AND COLD **GRAB & GO SELECTION**





WEEK Three

MONDAY

TUESDAY

YAMAS!

MEDNESDA

THURSDAY

FRIDAY

OPTION



OPTION



ON THE

DESSERT OF

CHEESY CHILLI CHICKEN PASTA



CHICKEN SOUVLAKI with Golden R

with Golden Rice /Seasoned Potatoes

ROAST OF THE DAY

New Potatoes & Gravy



ENCHILADAS

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



FISH / SAUSAGE with Chips, Mushy

CHIP SHOP

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



Sauce

Chips, Mushy Peas & Gravy/ Curry

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

RUIT F

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



ALLERGIES

PLEASE SPEAK TO A MEMBER OF STAFF IF YOU HAVE AN ALLERGY AND MEED TO KNOW WHAT INSIDE OUR FOOD DISHES. THEY WILL ADVIS YOU OF YOUR AVAILABLE CHOICES.

