

# MID MORNING BREAK

## FRESH & COOL

Pineapple  
Pot

Grape  
Pot

Granola, Yoghurt  
& Berry Compote

Peaches, Granola  
& Yoghurt

Cucumber Sticks  
with Houmous

Carrot Sticks  
with Houmous

## HEARTY & HOT

Bacon & Egg  
English Muffin

Spinach & Egg  
English Muffin

Margherita  
Bagel Pizza

Cheese Panini

Pesto Pasta

Waffle

Toast with Spread

## SIMPLE & TASTY

Cheese &  
Ham Sandwich

Chicken Mayo  
Sandwich

Cheese  
Sandwich

Ham  
Baguette

Tuna Mayo  
Baguette

Cheese & Tomato  
Baguette



# WEEK 1 MENU

## CHOICE *One*

## CHOICE *Two*

## GRAB & GO OPTIONS

<b>MON</b>	<b>Bangers and Mash</b> with Peas and Gravy	<b>Plant Based Sausages</b> ♻️ with Mash, Peas and Gravy
<b>TUE</b>	<b>Chicken Masala Naan</b> with Crispy Spiced Potatoes and Mint Yoghurt Dressing	<b>Roasted Rainbow Vegetables</b> ♻️❤️ with Flatbread Fingers, Carrot and Coriander salad and Houmous
<b>WED</b>	<b>BBQ Mandarin Pork</b> ❤️🐷 with Vegetable Egg Fried Rice	<b>Sweet Chilli Noodles</b> ♻️
<b>THUR</b>	<b>Sriracha Glazed Chicken Burger</b> with Chipotle Wedges and Sweetcorn	<b>Plant Ball Marinara Melt</b> ♻️ with Chipotle Wedges and Sweetcorn
<b>FRI</b>	<b>Fish and Chips</b> with Baked Beans and Peas	<b>Vegan Sausage Roll</b> ♻️ with Chips, Baked Beans and Peas

### WEEKLY SPECIAL

- **Indian Chickpea Salad** ♻️ •

#### SALADS:

Tuna Sweetcorn Pasta Salad  
Pesto Pasta Salad 🌱❤️

#### SANDWICHES/BAGUETTES:

Ham & Cheese Sandwich  
Chicken, Lettuce & Mayo Sandwich  
Cheese Sandwich  
Ham Baguette  
Cheese & Tomato Baguette

#### WRAPS:

Tuna Crunch Wrap 🌱  
Pepper & Houmous Wrap ♻️🌱

#### HOT DISHES:

Paninis  
Pasta & Sauces  
Freshly Baked Pizza  
Jacket Potato & Toppings

# WEEK 3 MENU

## CHOICE *One*

## CHOICE *Two*

## GRAB & GO OPTIONS

<b>MON</b>	<b>BBQ Beef Meatballs</b> 🌱❤️ with Wholemeal Pasta, Pizza Pinwheel and Peas	<b>Cauliflower Mac 'n' Cheese</b> ♻️❤️🌱 with Pizza Pinwheel and Peas
<b>TUE</b>	<b>Crispy Katsu Fish</b> 🌱 with Wholegrain Rice and Peas	<b>Vegetarian Chilli</b> ♻️❤️🌱 with Wholegrain Rice and Peas
<b>WED</b>	<b>Roast Chicken and Mash</b> ❤️ with Peas and Gravy	<b>Beetroot and Feta Burger</b> ♻️ with Garlic and Herb Wedges and Apple Slow
<b>THUR</b>	<b>Chicken Shawarma</b> 🌱 with Mexican Yellow Rice and Peas	<b>Chinese Vegetable Noodles</b> ♻️❤️ with Peas
<b>FRI</b>	<b>The Sausage Dog</b> with Chips, Baked Beans and Peas	<b>The Veggie Dog</b> ♻️ with Chips, Baked Beans and Peas

### WEEKLY SPECIAL

• Sweet Chilli Chicken Noodle Salad •

#### SALADS:

Tuna Sweetcorn Pasta Salad  
Pesto Pasta Salad 🌱❤️

#### SANDWICHES/BAGUETTES:

Ham & Cheese Sandwich  
Chicken, Lettuce & Mayo Sandwich  
Cheese Sandwich  
Ham Baguette  
Cheese & Tomato Baguette

#### WRAPS:

Tuna Crunch Wrap 🌱  
Pepper & Houmous Wrap ♻️🌱

#### HOT DISHES:

Paninis  
Pasta & Sauces  
Freshly Baked Pizza  
Jacket Potato & Toppings

# WEEK 2 MENU

## CHOICE *One*

## CHOICE *Two*

## GRAB & GO OPTIONS

<b>MON</b>	<b>Sloppy Joe Burger</b> with Baked Garlic and Herb Wedges and Sweetcorn	<b>Vegetarian Cottage Pie</b> 🌱❤️ with Sweetcorn, Peas and Gravy
<b>TUE</b>	<b>Chicken Katsu</b> 🍗 with Wholegrain Rice and Peas	<b>Roasted Butternut Squash, Chickpea and Broccoli Buddha Bowl</b> 🌱❤️🍗
<b>WED</b>	<b>Honey Roasted Ham and Mash</b> with Peas and Gravy	<b>Macaroni Cheese</b> 🌱🍗 with Pizza Pinwheel and Vegetables
<b>THUR</b>	<b>Chicken Tikka Masala</b> 🍗❤️ with Wholegrain Rice, Mini Naan and Sweetcorn	<b>Roasted Cauliflower and Chickpea Korma</b> 🌱❤️🍗 with Wholegrain Rice, Mini Naan and Sweetcorn
<b>FRI</b>	<b>Crispy Chicken Burger</b> with Chips, Baked Beans and Peas	<b>Vegetarian Burrito</b> 🌱❤️🍗 with Chips, Baked Beans and Peas

### WEEKLY SPECIAL

#### • Moroccan Chicken Salad •

#### SALADS:

Tuna Sweetcorn Pasta Salad  
Pesto Pasta Salad 🍗❤️

#### SANDWICHES/BAGUETTES:

Ham & Cheese Sandwich  
Chicken, Lettuce & Mayo Sandwich  
Cheese Sandwich  
Ham Baguette  
Cheese & Tomato Baguette

#### WRAPS:

Tuna Crunch Wrap 🍗  
Pepper & Houmous Wrap 🌱🍗

#### HOT DISHES:

Paninis  
Pasta & Sauces  
Freshly Baked Pizza  
Jacket Potato & Toppings