

# WEEK ONE

# MENU KEY



- IM VEGAN!



- ADDED PLANT POWER

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### MAIN #1

  
Crunchy Crouton  
Mac & Cheese

Chicken  
Enchilada   
with Rice

Roast of the Day,  
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 

### HAND HELD

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

Chefs  
Selection

Chefs  
Selection

Summer Fruit  
Crumble with  
Custard

Chefs  
Selection

Chefs  
Selection

### 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  
HOMEMADE SOUPS,  
AVAILABLE DAILY!

### 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

## MENU KEY

 - IM VEGAN!  - ADDED PLANT POWER

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

### HAND HELD

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

Chefs Selection

Chefs Selection

Sticky Toffee Apple Crumble and Custard

Chefs Selection

Chefs Selection

### 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 HOMEMADE SOUPS, AVAILABLE DAILY!

### ALLERGIES

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# WEEK THREE

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MONDAY

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 

### HAND HELD

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

Chefs Selection

Chefs Selection

Syrup Sponge and Custard

Chefs Selection

Chefs Selection

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