WEEK COMMENCING V – Vegetarian VE - Vegan

06/01/2025 27/01/2025 17/02/2025 10/03/2025 31/03/2025

# CLASSIC HOT & HEARTY

# CLASSIC MAIN MEALS

# **VEGETARIAN MAIN MEALS**

#### MONDAY

Lemon & Herb Piri Piri Chicken served with Spicy Rice

#### TUESDAY

Classic Beef Lasagne, Garden Salad & Homemade Garlic Bread

# WEDNESDAY

Lemon & Thyme Roast Chicken, Crisp Roasties, Seasonal Vegetables & House Gravy

## THURSDAY

Creamy Chicken Korma served with Rice

## FRIDAY

Chip Shop "Fryday" Fish, Pizza or Fishcake & Chips with Peas & Tartare Sauce

#### MONDAY

Piri Piri Quorn served with Macho Peas and Spicy Rice (V)

## TUESDAY

Vegetable & Mixed Bean Lasagne, Garden Salad & Homemade Garlic Bread (V)

#### WEDNESDAY

Roasted Squash & Feta Pie served with Seasonal Vegetables or Salad (V)

### THURSDAY

Crunchy Topped Macaroni Cheese, House Salad or Seasonal Vegetables (V)

## FRIDAY

Crispy Onion Pakora Burger with Mango Chutney & Garden Peas (VE)









MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Buffalo Cauliflower Wings on Salt & Pepper Wedges (VE) Chicken Yakitori with Rice Loaded Potato Skins Garlic & Lemon Chicken Gyros

HATURALly

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Pakistani Tarka Dhal (VE) Vegan Singapore Noodles (VE) Vegan Ramen Bowl (VE) The Big Plant Burger (VE) Garlic & Chilli Noodles (VE)

# DESSERTS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

up Sponge ith Vanilla sauce Apple Strudel Custard Chocolate Sponge & Chocolate Saud Pear & Coco Sponge Fruit, Jelly & Yoghurt Pots

FRUIT & YOGHURT POTS AVAILABLE DAILY

HOMEMADE SOUP & FRESHLY BAKED BREAD Available Daily

JACKET POTATOES

Topped with a Choice of: Cheese,
Tuna or Beans Available Daily



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Tomato & Basil Pasta Pasta in a Cheese Sauce Margherita Pizza or Pepperoni Pizza Tomato & Basil Pasta Margherita Pizza

## WEEK COMMENCING

V - Vegetarian VE - Vegan

13/01/2025 03/02/2025 24/02/2025 17/03/2025

# CLASSIC HOT & HEARTY

# CLASSIC MAIN MEALS

# VEGETARIAN MAIN MEALS

#### MONDAY

Traditional Sausage & Mash with Onion Gravv

## TUESDAY

Creamy Garlic Chicken & Mushroom Pasta served with Garden salad

## WEDNESDAY

Hand Carved Roast British Turkey, Crisp Roasties, Seasonal Vegetables, & House Gravy

#### THURSDAY

Terriyaki Beef Served with Carrot Rice

#### FRIDAY

Chip Shop "Fryday" Fish, Pizza or Fishcake & Chips with Peas & Tartare Sauce

## MONDAY

Vegan Sausage & Mash with Onion Gravy (VE)

#### TUESDAY

No Waste Cauliflower Cheese Pasta Bake (V)

#### WEDNESDAY

Cheese, Leek & Potato Pie (V)

### THURSDAY

Chinese Vegetable Stir Fry (V)

#### FRIDAY

Quorn 1/4lb'er served with Ranch Slaw. Chips & Peas (V)









MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Terriyaki Chicken Wings with Chahan Rice

Korean Fried Crispy Chicken Chipotle Chicken Chimichanga

Mei Goreng Indonesian Fried Noodles

MONDAY

Reggae Reggae

Jackfruit Curry

(VE)

TUESDAY

Noodles

(VE)

Vegan Singapore Jerk Jackfruit

WEDNESDAY

Open Wrap

(VE)

The Big Plant Burger (VE)

THURSDAY

FRIDAY

Garlic & Chilli Noodles (VE)

DESSERTS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

FRUIT & YOGHURT POTS AVAILABLE DAILY

HOMEMADE SOUP & FRESHLY BAKED BREAD **Available Daily** 

**JACKET POTATOES** Topped with a Choice of: Cheese, **Tuna or Beans Available Daily** 

TRATTORIA 3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Tomato & Basil Pasta

Creamy Pesto Pasta

Margherita Pizza or Pepperoni Pizza

Pasta in Cheese Sauce

Margherita Pizza

WEEK COMMENCING

V - Vegetarian VE - Vegan

20/01/2025 10/02/2025 03/03/2025 24/03/2025

# CLASSIC HOT & HEARTY

CLASSIC MAIN MEALS

VEGETARIAN MAIN MEALS

#### MONDAY

Kung Pao Chicken, Wholegrain & White Egg Fried Rice

#### TUESDAY

Beef & Tomato Ragout with Wholegrain Pasta & House Salad

#### WEDNESDAY

Salt & pepper Roast Chicken, Crisp Roasties, Seasonal Vegetables & House Gravy

## THURSDAY

Chicken Makhani Curry with Braised Pilau Rice

#### FRIDAY

Chip Shop "Fryday" Fish,, Pizza or Fishcake & Chips with Peas and Tartare Sauce

#### MONDAY

Asian Vegetable, Soya Bean & noodle Stir Fry (V)

#### TUESDAY

Plant Based Bolognaise with Wholegrain Pasta & House Salad (VE)

### WEDNESDAY

Smashed Butternut Squash Mac and Cheese with Slaw & Garden Salad (V)

#### THURSDAY

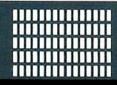
Egg Plant Katsu Curry (V)

#### FRIDAY

Chickpea, Carrot & Sesame Burger, Asian Slaw, Chips & peas (V)









MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Loaded Mediterranean Street Cart Wedges Chicken Yakatori with Vegetable Rice Korean Fried Crispy Chicken Chinese Style Vegan Noodle (VE)

HATURALly

MONDAY TUESDAY

Fork Friendly Falafel Kebab (V) Vegan Singapore Noodles (V)

Spiced Paneer & Red Onion Naan (V)

WEDNESDAY

Onion Bhaji Skewer with Bombay Potatoes (VE)

THURSDAY

Garlic & Chilli Noodles (VE)

FRIDAY

DESSERTS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

Apple & Mixed Fruit, Jelly & Berry Crumble Yoghurt Pots with Vanilla

FRIDAY

FRUIT & YOGHURT POTS AVAILABLE DAILY

HOMEMADE SOUP &
FRESHLY BAKED BREAD
Available Daily

JACKET POTATOES

Topped with a Choice of: Cheese,

Tuna or Beans Available Daily

TRATTORIA'





MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Tomato & Basil Pasta Creamy Pesto Pasta Mozzarella & Tomato or Pepperoni Cheese &

Tomato Pizza

Pasta in Cheese Sauce Margherita Pizza