



| WEEK ONE | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------------|--|--|--|-------------------------|---|
| ACADEMY Main | Beef Bolognese | Lamb Tagine | Roast Chicken with all the trimmings | Bangers & Mash | Battered Cod Fillet |
| ACADEMY Veggie | Veggie Bolognese | Butternut Squash & Sweet Potato Tagine | Veggie Cottage Pie | Quorn Bangers & Mash | 4 Quorn Nuggets |
| ACADEMY Sides | Penne Pasta Green Beans | Spicy Cous Cous Wedges Sweetcorn | Roast Potatoes Savoy Cabbage Carrots | Broccoli Onion Gravy | Chips Mushy Peas Beans Curry Sauce |
| ACADEMY Extras | A selection of hot and cold grab & go favourites available daily | | | | |

Food Allergies & Intolerance If you require information on allergens or suffer from a food intolerance please speak to a team member before you order your food or drinks.



SEASONAL KITCHEN

Sept
Butternut Squash

Oct
Blackberries

Nov
Parsnips

Dec
Forced Rhubarb



| WEEK TWO | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------------|--|-----------------------------|--|-----------------------------|---|
| ACADEMY Main | Tuna Pasta Bake | Chicken Curry | Roast Beef with all the trimmings | Chicken & Sweetcorn Pie | Battered Cod Fish Fillet |
| ACADEMY Veggie | Mac & Cheese | Veggie Quorn Chilli | Veggie Toad in the Hole | Cheese & Onion Pie | 4 Quorn Nuggets |
| ACADEMY Sides | Garlic Slice Sweetcorn | Wholegrain Rice Broccoli | Roast Potatoes Mash Savoy Cabbage Carrots | New Potatoes Roasted Veg | Chips Mushy Peas Beans Curry Sauce |
| ACADEMY Extras | A selection of hot and cold grab & go favourites available daily | | | | |

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SEASONAL KITCHEN

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| Sept Butternut Squash | Oct Blackberries | Nov Parsnips | Dec Forced Rhubarb |
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| WEEK THREE | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------------|--|------------------------------------|--|--------------------------|---|
| ACADEMY Main | Mexican Chilli Chicken | Aromatic Beef Curry | Roast Turkey with all the trimmings | Chicken Teriyaki | Battered Cod Fish Fillet |
| ACADEMY Veggie | Mixed Bean & Veggie Burrito | Vegetable & Chickpea Korma | Root Vegetable & Bean Hotpot | Vegetable Stir Fry | 4 Quorn Nuggets |
| ACADEMY Sides | Baked Wedges Red Pepper & Sweetcorn | Wholegrain Rice Green Beans | Roast Potatoes Savoy Cabbage Carrots | Noodles Sweetcorn | Chips Mushy Peas Beans Curry Sauce |
| ACADEMY Extras | A selection of hot and cold grab & go favourites available daily | | | | |

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