

| WEEK 1  | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|---|--|--|--|--|--|
| <b>Main Meals</b><br>              | Tex Mex beef chilli enchilades<br><b>veggie chilli</b><br>Served on a bed of steamed       | Rich tomato beef bolognese<br><b>Creamy garlic and mushroom sauce,</b><br>Served on a bed of spaghetti | Chicken rogan josh<br><b>Veggie Balti</b><br>Served with steamed rice and nann bread       | Chips served with baked southern chicken pieces<br><b>Chips fish and peas</b>              | Veggie chow mein<br>Chicken and black bean sauce served with egg fried rice                |
| <b>Specials</b><br>                | <b>TEX MEX DAY</b>   | <b>ITALIAN DAY</b>   | <b>CURRY DAY</b>   | <b>CHIPPY DAY</b>  | <b>ORIENTAL DAY</b>  |
| <b>Jacket Potatoes</b><br>         | Baked jacket with choice of fillings   | Baked jacket with choice of fillings   | Baked jacket with choice of fillings   | Baked jacket with choice of fillings   | Baked jacket with choice of fillings   |
| <b>Love Joe's</b><br>              | Marinated chicken strips served with optional crispy salad in a selection of warm breads   | Marinated chicken strips served with optional crispy salad in a selection of warm breads               | Marinated chicken strips served with optional crispy salad in a selection of warm breads   | Marinated chicken strips served with optional crispy salad in a selection of warm breads   | Marinated chicken strips served with optional crispy salad in a selection of warm breads   |
| <b>Pasta King Street Eats</b><br>  | Pasta King bar<br>Choice of sauces served with rice, pasta or noodles                      | Pasta King bar<br>Choice of sauces served with rice, pasta or noodles                                  | Pasta King bar<br>Choice of sauces served with rice, pasta or noodles                      | Pasta King bar<br>Choice of sauces served with rice, pasta or noodles                      | Pasta King bar<br>Choice of sauces served with rice, pasta or noodles                      |
| <b>Sandwiches &amp; Soup</b><br> | Selection of freshly made sandwiches, paninis, pasta pots & salad boxes<br>Soup of the day | Selection of freshly made sandwiches, paninis, pasta pots & salad boxes<br>Soup of the day             | Selection of freshly made sandwiches, paninis, pasta pots & salad boxes<br>Soup of the day | Selection of freshly made sandwiches, paninis, pasta pots & salad boxes<br>Soup of the day | Selection of freshly made sandwiches, paninis, pasta pots & salad boxes<br>Soup of the day |
| <b>Dessert</b><br>               | Selection of cakes, fruit and desserts   | Selection of cakes, fruit and desserts   | Selection of cakes, fruit and desserts   | Selection of cakes, fruit and desserts   | Selection of cakes, fruit and desserts   |



What's on **THE MENU**

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**m m m ... delicious**



| WEEK 2  | Monday   | Tuesday   | Wednesday   | Thursday  | Friday  |
|---|--|---|---|---|---|
| <b>Main Meals</b><br>              | Beef lasagna<br><b>Veggie lasagna</b><br>served with salad and garlic bread                | Chicken Chow Mein<br>Beef in black bean sauce<br><b>Sweet &amp; sour veggies</b><br>Served with egg fried rice or noodles | Home made cottage pie<br><b>Veggie cottage pie</b><br>Served with fresh steamed veg             | <b>Chips, fish &amp; peas</b><br>chips with baked southern chicken pieces                       | Chef's choice of roast meats<br><b>&amp; veggie dishes</b><br>Served with all the trimmings and seasonal vegetables |
| <b>Specials</b><br>                | <b>ITALIAN DAY</b>   | <b>ORIENTAL DAY</b>   | <b>PIE DAY</b>  | <b>CHIPPY DAY</b>   | <b>CARVERY DAY</b>  |
| <b>Jacket Potatoes</b><br>         | Baked jacket with choice of fillings   | Baked jacket with choice of fillings  | Baked jacket with choice of fillings  | Baked jacket with choice of fillings  | Baked jacket with choice of fillings  |
| <b>Love Joe's</b><br>              | Marinated chicken strips served with optional crispy salad in a selection of warm breads   | Marinated chicken strips served with optional crispy salad served in a selection of warm breads                           | Marinated chicken strips served with optional crispy salad served in a selection of warm breads | Marinated chicken strips served with optional crispy salad served in a selection of warm breads | Marinated chicken strips served with optional crispy salad served in a selection of warm breads                     |
| <b>Pasta King Street Eats</b><br>  | Pasta King bar<br>Choice of sauces served with rice, pasta or noodles                      | Pasta King bar<br>Choice of sauces served with rice, pasta or noodles   | Pasta King bar<br>Choice of sauces served with rice, pasta or noodles                           | Pasta King bar<br>Choice of sauces served with rice, pasta or noodles                           | Pasta King bar<br>Choice of sauces served with rice, pasta or noodles   |
| <b>Sandwiches &amp; soup</b><br> | Selection of freshly made sandwiches, paninis, pasta pots & salad boxes<br>Soup of the day | Selection of freshly made sandwiches, paninis, pasta pots & salad boxes<br>Soup of the day                                | Selection of freshly made sandwiches, paninis, pasta pots & salad boxes<br>Soup of the day      | Selection of freshly made sandwiches, paninis, pasta pots & salad boxes<br>Soup of the day      | Selection of freshly made sandwiches, paninis, pasta pots & salad boxes<br>Soup of the day                          |
| <b>Dessert</b><br>               | Selection of fruit, cakes and desserts   | Selection of fruit, cakes and desserts  | Selection of fruit, cakes and desserts  | Selection of fruit, cakes and desserts  | Selection of fruit, cakes and desserts  |



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| WEEK 3  | Monday   | Tuesday   | Wednesday  | Thursday   | Friday  |
|---|--|---|--|--|---|
| <b>Main Meals</b><br>              | Marinated chicken in a rich tikka masala sauce<br>Chargrilled veggies in a jalfrezi sauce served with steamed rice | Piri piri or lemon & herb chicken<br><b>Piri piri bean pitta</b><br><b>Spicy rice, corncobs &amp; salad</b> | Chips served with southern baked chicken pieces<br><b>Chips, fish &amp; peas</b>           | Homemade meat & potato pie<br><b>Veggie cottage pie</b><br>With steamed vegetables         | Chef's choice of roast meats & veggie dishes<br>Served with all the trimmings and seasonal vegetables |
| <b>Specials</b><br>                | <b>Curry day</b>   | <b>Chicken feast day</b>  | <b>CHIPPY DAY</b>  | <b>PIE DAY</b>   | <b>Carvery day</b>  |
| <b>Jacket Potatoes</b><br>         | Baked jacket with choice of fillings   | Baked jacket with choice of fillings  | Baked jacket with choice of fillings   | Baked jacket with choice of fillings   | Baked jacket with choice of fillings  |
| <b>Love Joe's</b><br>              | Marinated chicken strips served with optional crispy salad in a selection of warm breads                           | Marinated chicken strips served with optional crispy salad in a selection of warm breads                    | Marinated chicken strips served with optional crispy salad in a selection of warm breads   | Marinated chicken strips served with optional crispy salad in a selection of warm breads   | Marinated chicken strips served with optional crispy salad in a selection of warm breads              |
| <b>Pasta King Street eats</b><br> | Pasta King bar<br>Choice of sauces served with rice, pasta or noodles  | Pasta King bar<br>Choice of sauces served with rice, pasta or noodles                                       | Pasta King bar<br>Choice of sauces served with rice, pasta or noodles                      | Pasta King bar<br>Choice of sauces served with rice, pasta or noodles                      | Pasta King bar<br>Choice of sauces served with rice, pasta or noodles                                 |
| <b>Sandwiches &amp; soup</b><br> | Selection of freshly made sandwiches, paninis, pasta pots & salad boxes<br>Soup of the day                         | Selection of freshly made sandwiches, paninis, pasta pots & salad boxes<br>Soup of the day                  | Selection of freshly made sandwiches, paninis, pasta pots & salad boxes<br>Soup of the day | Selection of freshly made sandwiches, paninis, pasta pots & salad boxes<br>Soup of the day | Selection of freshly made sandwiches, paninis, pasta pots & salad boxes<br>Soup of the day            |
| <b>Dessert</b><br>               | Selection of cakes, fruit, and desserts  | Selection of cakes, fruit, and desserts   | Selection of cakes, fruit, and desserts  | Selection of cakes, fruit, and desserts  | Selection of cakes, fruit, and desserts   |



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