

WEEK 1 MENU

CHOICE *One*

CHOICE *Two*

GRAB & GO *options*

		SPICE IS NICE
MON	Chicken Tikka Masala or Beef Spaghetti Bolognese Served with Wholegrain rice and Spiced Cauliflower	Catalan Spiced Bean and Potato Stew ♻️ ❤️ Served with Herb Dumpling and Spiced Cauliflower
		BURGER BAR
TUE	Beef Burger or Sausage and Mashed Potato Served with herby potato wedges and corn on the cob	Veggie Burger ♻️ Served with Baked Garlic and Herb Wedges and Corn on the Cob
		CLASSICS
WED	Honey Roast Gammon Baguette or Sweet Chilli Chicken Noodles Served with Roast Potatoes and Roasted Autumn Vegetables	Macaroni Cheese ♻️
THUR	Chicken Katsu or Chilli Con Carne served with Wholegrain Rice and Vegetables	Chilli No Carne ♻️ 🌿 ❤️ Served with Wholegrain Rice
	FRIDAY FAVOURITES	FRIDAY FAVOURITES
FRI	Fish Fingers or Southern Fried Chicken with Chips, Peas and Beans	Quorn Sausage Roll ♻️ Served with Chips, Baked Beans and Peas

HOT DISHES:

Paninis
Pasta and Sauces
Freshly Baked Pizza
Soup and Bread
Jacket Potato and Toppings

SALADS:

Tuna and Sweetcorn Pasta Salad ❤️
Pesto Pasta Salad 🌿 ♻️ ❤️
Roasted Indian Chickpea Salad ❤️ ♻️

SANDWICHES/BAGUETTES:

Ham and Cheese Sandwich
Chicken Salad Sandwich
Cheese Baguette ♻️
Tuna Mayo Baguette
BLT Baguette

WRAPS:










Pepper and Houmous Wrap ♻️ 🌿 ❤️
BBQ Chicken Wrap 🌿 ❤️
Chicken Caesar Wrap 🌿 ❤️

WEEK 2 MENU

CHOICE *One*

CHOICE *Two*

GRAB & GO *options*

		CLASSICS
MON	Sausage and Mash or Chicken Burger with Herby Potato Wedges and Vegetables	Vegetarian Sausage and Mash  Served with Vegetables and Gravy
		FEASTIVAL
TUE	Chilli Beef Cheese Nachos or Chicken Katsu served with Wholegrain Rice and Tossed Salad	Rajasthani Red Lentil Curry    Served with Wholegrain Rice
		HOT DELI
WED	Sage and Onion Chicken Rolled Flatbread or Slow Roast Pork with Roast Potatoes, Roasted Vegetables and Gravy	Roasted Rainbow Vegetables with Houmous   Served with Flatbread Fingers
		NOODLE BAR
THUR	Chicken Yakisoba or Chicken Tikka Masala with Wholegrain Rice and Vegetables	Soya Yakisoba   Served with Vegetables
		FRIDAY FAVOURITES
FRI	Southern Fried Chicken or Fish Fingers Served with Chips, Peas and Baked Beans	Cheese and Onion Bake  Served with Chips, Baked Beans and Peas


HOT DISHES:

- Paninis
- Pasta and Sauces
- Freshly Baked Pizza
- Soup and Bread
- Jacket Potato and Toppings

SALADS:

- Tuna and Sweetcorn Pasta Salad 
- Pesto Pasta Salad   
- Roasted Indian Chickpea Salad  

SANDWICHES/BAGUETTES:

- Ham and Cheese Sandwich
- Chicken Salad Sandwich
- Cheese Baguette 
- Tuna Mayo Baguette
- BLT Baguette

WRAPS:

- Pepper and Houmous Wrap   
- BBQ Chicken Wrap  
- Chicken Caesar Wrap  

WEEK 3 MENU

CHOICE *One*

CHOICE *Two*

GRAB & GO *options*

	STREET	STREET
MON	Buffalo Chicken Served with Baked Garlic and Herb Wedges, Mixed Salad and Ranch Dressing	Butterbean, Blackbean and Coconut Stew 🌱 🍷 🌿 Served with Wholegrain Rice and Mixed Salad
	PAN ASIAN	
TUE	Sweet and Sour Meatballs or Chicken Shawarma with Wholegrain Rice and Nut Free Satay Sweetcorn	Caribbean Coconut Quorn Curry with Wholegrain Rice and Nut Free Satay Sweetcorn
	HOT DELI	
WED	Roast Pork and Stuffing Baguette or Mexican Beef Tortilla Pie Served with Baked Garlic and Herb Wedges and Vegetables	Sticky BBQ Quorn Pitta 🌱 Served with Baked Garlic and Herb Wedges
THUR	Beef Spaghetti Bolognese or Teriyake Chicken Garlic and Herb Bread and Mixed Salad	Vegetarian Bolognese Garlic and Herb Bread and Mixed Salad
FRI	Fish Fingers or Southern Fried Chicken with Chips, Peas and Baked Beans	Quorn Goujons with Chips, Peas and Baked Beans

HOT DISHES:

Paninis
Pasta and Sauces
Freshly Baked Pizza
Soup and Bread
Jacket Potato and Toppings

SALADS:

Tuna and Sweetcorn Pasta Salad 🍷
Pesto Pasta Salad 🌿 🌱 🍷
Roasted Indian Chickpea Salad 🍷 🌱

SANDWICHES/BAGUETTES:

Ham and Cheese Sandwich
Chicken Salad Sandwich
Cheese Baguette 🌱
Tuna Mayo Baguette
BLT Baguette

WRAPS:

Pepper and Houmous Wrap 🌱 🌿 🍷
BBQ Chicken Wrap 🌿 🍷
Chicken Caesar Wrap 🌿 🍷