

# WEEK ONE

# MENU KEY



- IM VEGAN!



- ADDED PLANT POWER

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### MAIN #1

  
Crunchy Crouton  
Mac & Cheese

Pork, Beef or  
Chicken   
Enchilada  
(choose one)  
with Rice

Roast Gammon,  
Roast Beef or  
Roast Turkey  
(choose one), 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 with  
tomato Pasta

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 Caesar  
Wrap

Homemade  
Sausage Roll

Chicken and bacon  
panini

Bacon & Cheese  
Flatbread

Veggie Pitta Pizza

### BOWLED OVER

Rice Bowl

Pasta Kitchen

Vegetarian  
Noodle Bowl

Loaded Nachos

Pasta Kitchen

### MODERN BAKERY

Pineapple Upside  
Down Cake

Chocolate Crunch  
Cake

Summer Fruit  
Crumble crunch

Warmed Jamaican  
Ginger Cake with  
Ice Cream or  
Custard

Iced Sponge Cake

### 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

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**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

## MAIN #1

Vegetable Chow Mein



Chicken Souvlaki with Greek Salads

Sausage and Red Onion Chutney Hot Baguette with wedges



Chicken Tikka Masala with Rice



Breaded Fish or jumbo sausages, Chips & Garden Peas

## MAIN #2

Black bean mixed Vegetables with Rice



Feta, Honey and Spinach Parcel with Greek Salads

Vegan Sausage and Red Onion Chutney Hot Baguette with wedges



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

Egg fried Rice Bowl

Pasta Kitchen

Noodle Bowl

Pasta Kitchen

Loaded Nachos

## MODERN BAKERY

Chocolate Sponge Pudding

Custard Tart with Mixed Berry Compote

Sticky Toffee Pudding

Jam and Coconut Sponge

Oaty Flapjack



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### 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 or jumbo sausages and Chips with Garden Peas or Baked Beans

### MAIN #2

Vegetarian Toad in the Hole with New Potatoes & Vegetables

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

Chocolate Orange Cookie 

Apple Pie with Cream

Fruit Muffins

Peach Cake

Chocolate Brownie

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