

WEEK ONE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

OPTION #1

MAC & CHEESE
With Crunchy Topping

BEEF CHILLI
with Rice and Sour Cream

PORK OR CHICKEN SAUSAGE
Roast Potatoes and Gravy

 **CHICKEN TIKKA MASALA**
With 50/50 Rice

BREADED FISH
with Chips & Garden Peas

OPTION #2

QUORN & VEGETABLE CHOW MEIN

 **FALAFEL WRAPS**
with Couscous and Mint & Yoghurt Dip

VEGAN SAUSAGE
With Roast Potatoes and Gravy

 **SWEET POTATO & CHICKPEA CURRY**
with 50/50 Rice

CHEESE & LEEK FRITTATA
with Chips and Garden Peas

ON THE SIDE

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

DESSERT OF THE DAY

PINEAPPLE UPSIDE DOWN CAKE

CHOCOLATE CRUNCH CAKE

 **STICKY TOFFEE APPLE CRUMBLE**
With Custard

WARMED JAMAICAN GINGER CAKE
with Ice Cream or Custard

ICED SPONGE CAKE

ALSO AVAILABLE!

FILLED JACKET POTATOES & BAGUETTES

CHECK OUT...

OUR HOT AND COLD GRAB & GO SELECTION

MENU KEY



ADDED PLANT PROTEIN

VEGAN OPTION



SOURCE OF WHOLEMEAL

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

OPTION #1

CHEESE AND TOMATO QUICHE 
With Potato Wedges

BEEF LASAGNE
with Garlic Bread and Salad



CREAMY CHICKEN AND BROCCOLI PIE
with New Potatoes



JERK CHICKEN
with Rice and Peas and Pineapple Slaw

FISH IN BATTER
with Chips

OPTION #2

CRUNCHY LENTIL PASTA BAKE
with Roasted Vegetables

CHICKPEA AND SWEET POTATO TAGINE
With Couscous



LEEK, ONION & POTATO TRAY BAKE

CURRIED SQUASH & BUTTERBEAN STEW
with Rice and Peas & Slaw



VEGAN BURGER
with Chips



ON THE SIDE

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day


Vegetables of the Day

Vegetables of the Day

DESSERT OF THE DAY

CHOCOLATE SPONGE PUDDING

APPLE PIE
With Cream

PEAR & CHOC CRUMBLE 
With Custard

JAM & COCONUT SPONGE

DATY FLAPJACK



ALSO AVAILABLE!

FILLED JACKET POTATOES & BAGUETTES

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WEEK THREE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

OPTION #1

OPTION #2

ON THE SIDE

DESSERT OF THE DAY

CHEESY CHILLI
CHICKEN
PASTA

SPAGHETTI &
PLANT BASED
MEATBALLS

Vegetables of the
Day

CHOC ORANGE
COOKIE


CHICKEN
SOUVLAKI

with Golden Rice
or Seasoned
Potatoes

SPINACH &
CHEESE WHIRL

Golden Rice or
Seasoned Potatoes

Vegetables of the
Day

SUMMER FRUIT
CRUMBLE 
With Custard

ROAST OF
THE DAY

Roast Potatoes &
Gravy


LENTIL
WELLINGTON

with New Potatoes
& Gravy 

Vegetables of the
Day

FRUIT MUFFINS

CHICKEN
ENCHILADAS 

With 50/50
Rice and Sour
Cream 

MEXICAN
SOYA CHILLI 

with 50/50 Rice
and Sour Cream

Vegetables of the
Day

PEACH CAKE
With Custard

CHIP SHOP
FISH / SAUSAGE

with Chips, Mushy
Peas and
Curry Sauce

VEGAN
SAUSAGE

Chips, Mushy Peas
& Curry Sauce

Vegetables of the
Day

CHOCOLATE
BROWNIE

ALSO AVAILABLE!

FILLED JACKET POTATOES
& BAGUETTES

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OPTION #1

OPTION #2

ON THE SIDE

DESSERT OF THE DAY

SECV43

BUTTERNUT MAC & CHEESE

With Crunchy
Topping

SECMK1 SECSD39

SECMK11 BEEF CHILLI

with Rice and
Sour Cream

SECP4 /SECCH11
SECSD21 SECSD8

PORK /CHICKEN SAUSAGE

Roast Potatoes
and Gravy

SECSR14 SECSD39

CHICKEN TIKKA MASALA

With 50/50 Rice

SECF4 SECSD4

SECSD6

BREADED FISH

with Chips &
Garden Peas

SECV44

QUORN & VEGETABLE CHOW MEIN

SECV42 SECSD40

SECSF19 FALAFEL WRAPS

with Couscous
and Mint & Yoghurt
Dip

SECV19 SECSD21

SECSD8 VEGAN SAUSAGE

With Roast
Potatoes and Gravy

SECSR5 SECSD39

SWEET POTATO & CHICKPEA CURRY

with 50/50 Rice

SECV28 SECSD4

SECSD6 CHEESE & LEEK FRITTATA

with Chips and
Garden Peas

Vegetables of the
Day

Vegetables of the
Day

Vegetables of the
Day

Vegetables of the
Day

Vegetables of the
Day

SECD42

PINEAPPLE UPSIDE DOWN CAKE

SECD33

CHOCOLATE CRUNCH CAKE

SECD20 SECSD28

STICKY TOFFEE APPLE CRUMBLE

With Custard

SECCC13 SECSD28

SECD45 WARMED JAMAICAN GINGER CAKE

with Ice Cream or
Custard

SECD37

ICED SPONGE CAKE

ALSO AVAILABLE!

SOUP OF THE DAY
FILLED JACKET POTATOES

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caterlink
feeding the imagination

WEEK TWO

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

OPTION #1

OPTION #2

ON THE SIDE

DESSERT OF THE DAY

SECV40 SECS02

CHEESE AND TOMATO QUICHE

With Potato Wedges

SECB3 SECS023

BEEF LASAGNE

with Garlic Bread and Salad

SECCH4 SECS028

CREAMY CHICKEN AND BROCCOLI PIE

with New Potatoes

SECCC4 SECCC10

SECCC11

JERK CHICKEN

with Rice and Peas and Pineapple Slaw

SECF7 SECS04

FISH IN BATTER

with Chips

SECV41

CRUNCHY LENTIL PASTA BAKE

with Roasted Vegetables

SECV45 SECS040

CHICKPEA AND SWEET POTATO TAGINE

With Couscous

SECV46 **LEEK, ONION & POTATO TRAY BAKE**

SECCC2 SECCC10

SECCC11

CURRIED SQUASH & BUTTERBEAN STEW

with Rice and Peas & Slaw

SECV14 SECS04

VEGAN BURGER

with Chips

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

SECD36

CHOCOLATE SPONGE PUDDING

SECD5 SECD13

APPLE PIE

With Cream

NEW SECD28 **PEAR & CHOC CRUMBLE**

With Custard

SECD35 **JAM & COCONUT SPONGE**

SECMB5 **OATY FLAPJACK**

ALSO AVAILABLE!

**SOUP OF THE DAY
FILLED JACKET POTATOES**

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**OUR HOT AND COLD
GRAB & GO SELECTION**

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OPTION #1

OPTION #2

ON THE SIDE

DESSERT OF THE DAY

SECCH13 CHEESY
CHILLI
CHICKEN
PASTA

*SECSD10 SECY2
SECPK11*
SPAGHETTI &
PLANT BASED
MEATBALLS

Vegetables of the
Day

SECD41 CHOC
ORANGE COOKIE

*SECY1 / SECY12
SECY11 SECSD42*

CHICKEN
SOUVLAKI
with Golden Rice or
Seasoned Potatoes

*SECY4 SECY11
SECSD42* SPINACH
& CHEESE WHIRL
Golden Rice or
Seasoned Potatoes

Vegetables of the
Day

SECD17 SEC28
SUMMER FRUIT
CRUMBLE
With Custard

*SECP3 SECCH13
SECSD28 SECSD8*

ROAST OF
THE DAY
New Potatoes &
Gravy

*SECV17 SECSD28
SECSD8*
LENTIL
WELLINGTON
with New Potatoes &
Gravy

Vegetables of the
Day

SECDB
FRUIT MUFFINS

*SECB2 SECPI
SECCH6*

ENCHILADAS
Pork, Beef or
Chicken (*choose
one*) with 50/50
Rice

*SECMK14 SECSD39
SECMK11*
MEXICAN
SOYA CHILLI
with 50/50 Rice and
Sour Cream

Vegetables of the
Day

SECD32 SECSD28
PEACH CAKE
With Custard

*SECF7 SECP4 SECSD4
SECSD31 SECSD8 SECSD29*

CHIP SHOP
FISH / SAUSAGE
with Chips, Mushy Peas
and Gravy/
Curry Sauce

*SECV19 SECSD4 SECSD31
SECSD8 SECSD29*
VEGAN SAUSAGE
Chips, Mushy Peas
& Gravy/
Curry Sauce

Vegetables of the
Day

SECMB2
CHOCOLATE
BROWNIE

ALSO AVAILABLE!

SOUP OF THE DAY
FILLED JACKET POTATOES

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