

# WEEK 1 MENU

## CHOICE *One*

## CHOICE *Two*

## GRAB & GO *options*

	SPICE IS NICE	SPICE IS NICE
<b>MON</b>	<b>Chicken Tikka Masala</b> 🌿❤️ with Wholegrain Rice and Spiced Cauliflower	<b>Catalan Spiced Bean and Potato Stew</b> ♻️ with Herb Dumpling and Spiced Cauliflower ❤️
	BURGER BAR	BURGER BAR
<b>TUE</b>	<b>Beef Burger</b> with Potato Wedges and Corn on the Cob	<b>Veggie Burger</b> ♻️ with Potato Wedges and Corn on the Cob
	CLASSICS	CLASSICS
<b>WED</b>	<b>Honey Roast Gammon Baguette</b> with Roast Potatoes and Roasted Autumn Vegetables	<b>Macaroni Cheese</b> ♻️
	STREET	STREET
<b>THUR</b>	<b>Chicken Katsu</b> 🌿 with Wholegrain Rice	<b>Korean Glazed Quorn Flatbread</b> ♻️ with Satay Sweetcorn
	FRIDAY FAVOURITES	FRIDAY FAVOURITES
<b>FRI</b>	<b>Battered Fish</b> with Chips, Baked Beans and Peas	<b>Quorn Sausage Roll</b> ♻️ 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	CLASSICS
<b>MON</b>	<b>Sausage and Mash</b> with Vegetables and Gravy	<b>Vegetarian Sausage and Mash</b>  with Vegetables and Gravy
	FEASTIVAL	FEASTIVAL
<b>TUE</b>	<b>Chilli Beef Cheese Nachos</b>  with Salad	<b>Rajasthani Red Lentil Curry</b>    with Wholegrain Rice
	HOT DELI	HOT DELI
<b>WED</b>	<b>Sage and Onion Chicken Rolled Flatbread</b> with Roast Potatoes and Gravy	<b>Roasted Rainbow Vegetables with Houmous</b>   with Flatbread Fingers
	NOODLE BAR	NOODLE BAR
<b>THUR</b>	<b>Chicken Yakisoba</b> with Vegetables	<b>Soya Yakisoba</b>   with Vegetables
	FRIDAY FAVOURITES	FRIDAY FAVOURITES
<b>FRI</b>	<b>Southern Fried Chicken Wrap</b> with Chips, Baked Beans and Peas	<b>Cheese and Onion Bake</b>  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
<b>MON</b>	<b>Buffalo Chicken</b> with Baked Garlic and Herb Wedges, Mixed Salad and Ranch Dressing	<b>Butterbean, Blackbean and Coconut Stew</b> with Wholegrain Rice and Mixed Salad   
	PAN-ASIAN	PAN-ASIAN
<b>TUE</b>	<b>Sweet and Sour Beef Meatballs</b>  with Wholegrain Rice and Satay Sweetcorn	<b>Teriyaki Vegetarian Wrap</b>    with Satay Sweetcorn
	HOT DELI	HOT DELI
<b>WED</b>	<b>Roast Pork and Stuffing Baguette</b> with Baked Garlic and Herb Wedges	<b>Sticky BBQ Quorn Pitta</b>  with Baked Garlic and Herb Wedges
	ITALIAN	ITALIAN
<b>THUR</b>	<b>Bolognese Macaroni Cheese</b> with Garlic and Herb Bread and Mixed Salad	<b>Vegetarian Bolognese Macaroni Cheese</b> with Garlic and Herb Bread and Mixed Salad 
	FRIDAY FAVOURITES	FRIDAY FAVOURITES
<b>FRI</b>	<b>Battered Fish</b> with Chips, Baked Beans and Peas	<b>Vegetable Tikka Sausage Roll</b>  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 