














# WEEK 1 MENU

## CHOICE One

## CHOICE Two

## GRAB & GO options

	SPICE IS NICE	SPICE IS NICE
<b>MON</b>	<b>Chicken Tikka Masala</b>    Served with Wholegrain Rice and Spiced Cauliflower	<b>Catalan Spiced Bean and Potato Stew</b>   Served with Herb Dumpling and Spiced Cauliflower
	BURGER BAR	BURGER BAR
<b>TUE</b>	<b>Beef Burger</b>  Served with Baked Garlic and Herb Wedges and Corn on the Cob	<b>Veggie Burger</b>  Served with Baked Garlic and Herb Wedges and Corn on the Cob
	CLASSICS	CLASSICS
<b>WED</b>	<b>Roast Chicken and Stuffing Baguette</b>  Served with Roast Potatoes and Gravy	<b>Macaroni Cheese</b> 
	STREET	STREET
<b>THUR</b>	<b>Chicken Katsu</b>   Served with Wholegrain Rice	<b>Korean Glazed Quorn Flatbread</b>  Served with Satay Sweetcorn
	FRIDAY FAVOURITES	FRIDAY FAVOURITES
<b>FRI</b>	<b>Battered Fish</b> Served with Chips, Baked Beans and Peas	<b>Quorn Sausage Roll</b>  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:

**Cheese Ploughmans**   
**Chicken Salad Sandwich**   
**Cheese Baguette**   
**Tuna Mayo Baguette**  
**CLT 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>Chicken Sausage and Mash</b>  Served with Vegetables and Gravy	<b>Vegetarian Sausage and Mash</b>  Served with Vegetables and Gravy
	FEASTIVAL	FEASTIVAL
<b>TUE</b>	<b>Chilli Beef Cheese Nachos</b>   Served 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>  Served with Roast Potatoes and Gravy	<b>Roasted Rainbow Vegetables with Houmous</b>   Served with Flatbread Fingers
	NOODLE BAR	NOODLE BAR
<b>THUR</b>	<b>Chicken Yakisoba</b>  Served with Vegetables	<b>Soya Yakisoba</b>   Served with Vegetables
	FRIDAY FAVOURITES	FRIDAY FAVOURITES
<b>FRI</b>	<b>Southern Fried Chicken Wrap</b>  Served with Chips, Baked Beans and Peas	<b>Cheese and Onion Bake</b>  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:

Cheese Ploughmans   
Chicken Salad Sandwich   
Cheese Baguette   
Tuna Mayo Baguette  
CLT 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>  Served with Baked Garlic and Herb Wedges, Mixed Salad and Ranch Dressing	<b>Butterbean, Blackbean and Coconut Stew</b>    Served with Wholegrain Rice and Mixed Salad
	PAN-ASIAN	PAN ASIAN
<b>TUE</b>	<b>Sweet and Sour Chicken Meatballs</b>   Served with Wholegrain Rice and Satay Sweetcorn	<b>Teriyaki Vegetarian Wrap</b>    Served with Satay Sweetcorn
	HOT DELI	HOT DELI
<b>WED</b>	<b>Chicken Sausage Stuffing Baguette</b>  Served with Baked Garlic and Herb Wedges and Gravy	<b>Sticky BBQ Quorn Pitta</b>  Served with Baked Garlic and Herb Wedges
	ITALIAN	ITALIAN
<b>THUR</b>	<b>Bolognese Macaroni Cheese</b>  Served with Garlic and Herb Bread and Mixed Salad	<b>Vegetarian Bolognese Macaroni Cheese</b>  Served with Garlic and Herb Bread and Mixed Salad
	FRIDAY FAVOURITES	FRIDAY FAVOURITES
<b>FRI</b>	<b>Battered Fish</b> Served with Chips, Baked Beans and Peas	<b>Vegetable Tikka Sausage Roll</b>  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:

Cheese Ploughmans   
Chicken Salad Sandwich   
Cheese Baguette   
Tuna Mayo Baguette  
CLT Baguette 

### WRAPS:

Pepper and Houmous Wrap     
BBQ Chicken Wrap     
Chicken Caesar Wrap   