














WEEK 1 MENU

CHOICE *One*

CHOICE *Two*

GRAB & GO *options*

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

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
MON	Chicken Sausage and Mash  Served with Vegetables and Gravy	Vegetarian Sausage and Mash  Served with Vegetables and Gravy
	FEASTIVAL	FEASTIVAL
TUE	Chilli Beef Cheese Nachos   Served with Salad	Rajastan Red Lentil Curry    Served with Wholegrain Rice
	HOT DELI	HOT DELI
WED	Sage and Onion Chicken Rolled Flatbread  Served with Roast Potatoes and Gravy	Roasted Rainbow Vegetables with Houmous   Served with Flatbread Fingers
	NOODLE BAR	NOODLE BAR
THUR	Chicken Yakisoba  Served with Vegetables	Soya Yakisoba   Served with Vegetables
	FRIDAY FAVOURITES	FRIDAY FAVOURITES
FRI	Southern Fried Chicken Wrap  Served with Chips, Baked Beans and Peas	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:

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
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	PAN ASIAN
TUE	Sweet and Sour Chicken Meatballs   Served with Wholegrain Rice and Satay Sweetcorn	Teriyaki Vegetarian Wrap    Served with Satay Sweetcorn
	HOT DELI	HOT DELI
WED	Chicken Sausage Stuffing Baguette  Served with Baked Garlic and Herb Wedges and Gravy	Sticky BBQ Quorn Pitta  Served with Baked Garlic and Herb Wedges
	ITALIAN	ITALIAN
THUR	Beef Lasagne   Served with Garlic and Herb Bread and Mixed Salad	Vegetarian Lasagne   Served with Garlic and Herb Bread and Mixed Salad
	FRIDAY FAVOURITES	FRIDAY FAVOURITES
FRI	Battered Fish Served with Chips, Baked Beans and Peas	Vegetable Tikka 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:

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

WRAPS:

Pepper and Houmous Wrap   
BBQ Chicken Wrap   
Chicken Caesar Wrap   