

WEEK 1 MENU

OPTION One

OPTION 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 Wholegrain Rice and Spiced Cauliflower
	MEXICAN	SPICE IS NICE
TUE	Chilli Beef Cheese Nachos Served with Salad	Rajastan Red Lentil Curry Served with Whole Grain Rice and Green Beans 🌿🌱❤️
	CLASSICS	CLASSICS
WED	Honey Roast Gammon Served with Roast Potatoes and Roasted Autumn Vegetables	Macaroni Cheese 🌱 Served with Garlic Bread and Mixed Salad
	STREET	STREET
THUR	Chicken Katsu Served with Basmati Rice	Chilli Non Carne 🌱 Served with Basmati Rice & Satay Sweetcorn
	FRIDAY FAVOURITES	FRIDAY FAVOURITES
FRI	Southern Fried Chicken Or Battered Fish Served with Chips, Baked Beans and Peas	Vegetable Quesadilla 🌱 Served with Chips, Baked Beans and Peas

HOT DISHES:

Paninis
Pasta and Sauces
Freshly Baked Pizza

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 Falafel Wrap 🌱❤️
Sweet Chilli Chicken Wrap

WEEK 2 MENU

OPTION One

OPTION Two

GRAB & GO Options

	CLASSICS	CLASSICS
MON	Sausage and Mash Served with Garden Peas and Gravy	Vegetarian Sausage and Mash Served with Garden Peas and Gravy
	FEASTIVAL	FEASTIVAL
TUE	West African Chicken Curry Served with Basmati Rice and Sweetcorn	Caribbean Coconut Quorn Curry Served with Basmati Rice and Sweetcorn
	CLASSIC	PAN ASIAN
WED	Roast Chicken Served with Roast Potatoes, Seasonal Vegetables and Gravy	Butternut Squash, Broccoli and Chickpea Buddha Bowl
	NOODLE BAR	NOODLE BAR
THUR	Mandarin Chicken Served with Yellow Rice and Vegetables	Soya Yakisoba Served with Vegetables
	FRIDAY FAVOURITES	FRIDAY FAVOURITES
FRI	Battered Fish or Southern Fried Chicken Served With Chips, Baked Beans and Peas	Tomato & Nut Free Pesto Pizza Served with Chips, Baked Beans and Peas

HOT DISHES:

- Paninis
- Pasta and Sauces
- Freshly Baked Pizza
- Jacket Potato and Toppings

SALADS:

- Tuna and Sweetcorn Pasta Salad
- Pesto Pasta Salad
- Greek Salad
- Roasted Indian Chickpea Salad

SANDWICHES/BAGUETTES:

- Ham and Cheese Sandwich
- Chicken Salad Sandwich
- Cheese Baguette
- Tuna Mayo Baguette
- BLT Baguette

WRAPS:








- Pepper and Falafel Wrap
- Southern Fried Chicken Wrap

WEEK 3 MENU

OPTION One


OPTION Two

GRAB & GO Options

	STREET	STREET
MON	Sweet and Sour Meatballs Served with Penne Pasta and Herb and Garden Peas	Butterbean, Blackbean and Coconut Stew   Served with Wholegrain Rice and Garden Peas
	PAN ASIAN	ITALIAN
TUE	Buffalo Chicken Served With Garlic Bread and Mixed Salad	Vegetable Lasagne  Served with Garlic Bread and Mixed Salad
	CLASSIC	CLASSIC
WED	Roast Pork Served with Roast Potatoes, Seasonal Vegetables and Gravy	Vegetable Cottage Pie  Served with Seasonal Vegetables and Gravy
THUR	Beef Lasagne Served with Garlic Bread and Mixed Salad	Sweet Chilli Noodles   Served With Mixed Salad
	FRIDAY FAVOURITES	FRIDAY FAVOURITES
FRI	Southern Fried Chicken or Battered Fish Served with Chips Peas & Beans	Vegetarian Farmhouse Pizza  Served with Chips, Baked Beans and Peas

HOT DISHES:


Paninis
Pasta and Sauces
Freshly Baked Pizza

Jacket Potato and Toppings 

SALADS:

Tuna and Sweetcorn Pasta Salad
Pesto Pasta Salad 
Chicken and Bacon Pasta Salad

SANDWICHES/BAGUETTES:

Ham and Cheese Sandwich
Chicken Salad Sandwich
Cheese Baguette 
Tuna Mayo Baguette
BLT Baguette

WRAPS:

Pepper and Falafel Wrap  
BBQ Chicken Wrap