

# WEEK 1 MENU

## CHOICE One

## CHOICE Two

## GRAB & GO options

	RICE BOX	RICE BOX
<b>MON</b>	<b>Chicken Tikka Masala</b> 🍷 🌿 Served with Wholegrain Rice and Vegetables	<b>Roasted Rainbow Vegetables</b> 🌱 🍷
	BURGER BAR	BURGER BAR
<b>TUE</b>	<b>Sausage and Mash</b> Served with Vegetables and Gravy	<b>Vegetarian Sausage and Mash</b> 🌱 🍷 Served with Vegetables and Gravy
	HOT DELI	HOT DELI
<b>WED</b>	<b>Roast Chicken</b> Served with Roast Potatoes, Vegetables and Gravy	<b>Vegetarian Lasagne</b> 🌱 🍷 Served with Garlic and Herb Bread and Mixed Salad
	MAC SHACK	MAC SHACK
<b>THUR</b>	<b>Beef Lasagne</b> Served with Garlic and Herb Bread and Mixed Salad	<b>Macaroni Cheese with Chipotle Sweetcorn</b> 🌱 🍷 Served with Roasted Beetroot and Chickpea Salad and Crispy Onions
	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:

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>Jerk Chicken</b> Served with Rice and Peas and Mixed Salad	<b>Chickpea and Vegetable Jalfrezi</b> 🌱 🌱 🌱 Served with Wholegrain Rice
	PAN-ASIAN	PAN-ASIAN
<b>TUE</b>	<b>Mandarin Chicken</b> 🌱 Served with Wholegrain Rice, Peas and Crunchy Slaw	<b>Vegetable Donburi</b> 🌱 Served with Peas and Crunchy Slaw
	HOT DELI	HOT DELI
<b>WED</b>	<b>Roast Pork</b> Served with Roast Potatoes, Vegetables and Gravy	<b>Roast Quorn</b> 🌱 Served with Roast Potatoes, Vegetables and Gravy
	LOADED NACHOS	LOADED NACHOS
<b>THUR</b>	<b>Chilli Con Carne Nachos</b> 🌱 Served with Mixed Salad and Salsa	<b>Chilli No Carne Nachos</b> 🌱 🌱 Served with Mixed Salad and Salsa
	FRIDAY FAVOURITES	FRIDAY FAVOURITES
<b>FRI</b>	<b>Southern Fried Chicken Wrap</b> Served with Chips, Baked Beans and Peas	<b>Cheese and Onion Pasty</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:

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

	HOT DOGS	HOT DOGS
<b>MON</b>	<b>Classic New Yorker Hot Dog</b> Served with Chipotle Wedges and American Slaw	<b>Tropical Sunshine Hot Dog</b> 🌱 🍷 Served with Chipotle Wedges and American Slaw
	STREET FOOD	STREET FOOD
<b>TUE</b>	<b>Buffalo Chicken</b> Served with Baked Garlic and Herb Wedges and Mixed Salad	<b>Quorn Shawarma Pitta Pocket</b> 🌱 Served with Mixed Salad
	CLASSICS	CLASSICS
<b>WED</b>	<b>Roast Beef Meatballs</b> Served with Mashed Potato, Peas and Gravy	<b>Roast Veggie Balls</b> 🌱 Served with Mashed Potato, Peas and Gravy
	BUDDHA BOX	BUDDHA BOX
<b>THUR</b>	<b>Nut-free Chicken Satay Buddha Box</b> 🌱 Served with Wholegrain Rice and Mixed Salad	<b>Roast Butternut Squash, Chickpea and Broccoli Buddha Box</b> 🌱 🍷 🌱
	FRIDAY FAVOURITES	FRIDAY FAVOURITES
<b>FRI</b>	<b>Southern Fried Chicken Goujons</b> Served with Chips, Baked Beans and Peas	<b>Vegetable Fajita</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:

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 🍷