










# WEEK 1 MENU

W/C: 04/11 , 25/11 , 16/12 , 06/01 , 27/01 , 10/03 , 31/03

## 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	
<b>TUE</b>	<b>Beef Burger</b> Served with Baked Garlic and Herb Wedges and Corn on the Cob	<b>Veggie Burrito</b>  with Chipotle Potato Wedges and Corn on the Cob
	CLASSICS	
<b>WED</b>	<b>Honey Roast Glazed Ham</b> with Roast Potatoes and Roasted Autumn Vegetables	<b>Quorn Roast</b> with Roast Potatoes and Seasonal Vegetables
	FRIDAY FAVOURITES	
<b>THUR</b>	<b>Chilli Con Carne</b>   Served with Wholegrain Rice	<b>Macaroni Cheese</b> 
	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

W/C: 11/11, 02/12, 13/01, 03/02, 24/02, 17/03

## CHOICE One

## CHOICE Two

## GRAB & GO options

	CLASSICS	CLASSICS
<b>MON</b>	<b>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>    Served with Wholegrain Rice
	CLASSICS	CLASSICS
<b>WED</b>	<b>Roast Beef</b> with Roast Potatoes and Gravy	<b>Roast Quorn</b> with Roast Potatoes and Gravy
	NOODLE BAR	NOODLE BAR
<b>THUR</b>	<b>Chicken Yakisoba</b> Served with Vegetables	<b>Soya Yakisoba</b>   Served with Vegetables
	FRIDAY FAVOURITES	
<b>FRI</b>	<b>Battered Fish</b> Served with Chips, Baked Beans and Peas	<b>Southern Fried Chicken Goujons</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

W/C: 18/11, 09/12, 20/01, 10/02, 03/03, 24/03

## 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 Beef Meatballs</b>  Served with Wholegrain Rice and Satay Sweetcorn	<b>Teriyaki Vegetarian Wrap</b>    Served with Satay Sweetcorn
	PAN ASIAN	PAN ASIAN
<b>WED</b>	<b>Roast Chicken</b> Served with Roast Potatoes, Vegetables and Gravy	<b>West African Vegetable Rice</b>  
	PAN ASIAN	PAN ASIAN
<b>THUR</b>	<b>Chicken and Broccoli Pie</b> Served with Mashed Potato, Vegetables and Gravy	<b>Vegetable Tikka Masala</b>    Served with Wholegrain Rice
	FRIDAY FAVOURITES	FRIDAY FAVOURITES
<b>FRI</b>	<b>Battered Fish</b> Served with Chips, Baked Beans and Peas	<b>Veggie Chilli Loaded Fries</b> 

**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  