

# WEEK ONE

# MENU KEY



- IM VEGAN!



- ADDED PLANT POWER

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### MAIN #1

  
Crunchy Crouton  
Mac & Cheese

Chicken  
Enchilada  
with Rice



Roast Gammon,  
Roast Potatoes,  
Seasonal  
Vegetables &  
Gravy  
& Gravy

  
Jerk Chicken  
with Rice and  
Peas and  
Pineapple  
Slaw

Chip Shop Fish  
or Sausage with  
Chips, Mushy  
Peas and Gravy/  
Curry Sauce

### MAIN #2

  
Bang Bang  
Cauliflower Mac &  
Cheese

Quorn Chilli  
Loaded  
Wedges



Roasted  
Vegetable  
Filo Pastry Tart  
with New  
Potatoes &  
Seasonal  
Vegetables

  
Curried Squash,  
Sweet Potato &  
Butterbean Stew with  
Rice and Peas &  
Pineapple Slaw

Chip Shop Vegan  
Sausage with  
Chips, Mushy  
Peas and Gravy/  
Curry Sauce



### HAND HELD

Chicken Wings

Sausage Roll

Chicken Wrap

Bacon & Cheese  
Flatbread

Veggie Pitta Pizza

### BOWLED OVER

Rice Bowl

Pasta Kitchen

Vegetarian  
Noodle Street

Loaded Nachos

Pasta Kitchen

### MODERN BAKERY

Pineapple Upside  
Down Cake

Chocolate Crunch  
Cake

Summer Fruit  
Crumble with  
Custard

Warmed Jamaican  
Ginger Cake with  
Ice Cream or  
Custard

Iced Sponge Cake

### SUPER SPUDS

DON'T FORGET ABOUT OUR BAKED POTATOES WITH A VARIETY OF TOPPING FOR YOU TO CHOOSE FROM!

### SOUP STATION

COME AND TRY OUR HOMEMADE SOUPS, AVAILABLE DAILY!

### ALLERGIES

PLEASE SPEAK TO A MEMBER OF STAFF IF YOU HAVE AN ALLERGY AND NEED TO KNOW WHAT'S INSIDE OUR FOOD DISHES. THEY WILL ADVISE YOU OF YOUR AVAILABLE CHOICES.

# WEEK TWO

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**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

## MAIN #1

Vegetable Chow Mein



Chicken Souvlaki with Greek Salads

Roast Pork, Roasted New Potatoes with seasonal vegetables



Chicken Tikka Masala with Rice



Battered Fish, Chips & Garden Peas

## MAIN #2

Sweet and Sour Vegetables with Rice



Feta, Honey and Spinach Parcel with Greek Salads

Vegan Sausage and Red Onion Chutney Hot Baguette with Roasted New Potatoes 



Sweet Potato, Chickpea & Spinach Curry with Rice 

Cheese and Leek Frittata with Chips and Garden Peas

## HAND HELD

Selection of Paninis

Sausage Roll

Chicken Wrap

Bagel Pizza

Chicken Quesadilla

## BOWLED OVER

Rice Bowl

Pasta Kitchen

Noodle Street

Pasta Kitchen

Loaded Nachos

## MODERN BAKERY

Chocolate Sponge Pudding

Custard Tart with Mixed Berry Compote

Sticky Toffee Apple Crumble and Custard

Jam and Coconut Sponge

Oaty Flapjack 

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TUESDAY

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THURSDAY

FRIDAY

### MAIN #1

Crunchy Topped Tomato Pasta Bake with Roasted Vegetables 

THE MEXICAN KITCHEN

Spicy Mexican Chicken with Rice and Sides

Beef Lasagne with Garlic Bread and Salad 

FIESTA ESPANOL

Chicken Paella with Patatas Bravas and Salads

Fish and Chips with Garden Peas or Baked Beans

### MAIN #2

Vegetarian Toad in the Hole with Mashed Potatoes & Gravy

THE MEXICAN KITCHEN

Vegan Chilli with Rice and Sides 

Vegetable Ragu with Garlic Bread and Spaghetti 

FIESTA ESPANOL

Spanish Tortilla with Patatas Bravas and Salads

Vegetarian Burger and Chips with Garden Peas or Baked Beans 

### HAND HELD

Selection of Wraps

Pitta Pizza

Chicken Wrap

Selection of Paninis

Sausage Roll

### BOWLED OVER

Rice Bowl

Pasta Kitchen

Rice Bowl

Noodle Street

Pasta Kitchen

### MODERN BAKERY

Chocolate Orange Cookie 

Apple Pie with Cream

Fruit Muffins

Peach Cake

Chocolate Brownie

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