

# 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

# MENU KEY

 - IM VEGAN!  - ADDED PLANT POWER

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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WEDNESDAY

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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