



# WEEK 1 MENU

WEEKS: 01/09, 22/09, 13/10, 10/11, 01/12, 05/01, 26/01, 23/02, 16/03

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**



Gourmet American Style Hot dog with Toppings Served with Baked Cajun Wedges and Boston Beans

Chicken & Peppers in Black Beans Sauce served Noodles or Egg Fried Rice & Stir fried Vegetables

Italian Meatballs served with Garlic & Herb Bread, Seasonal Vegetables or Mixed Salad

Roast Chicken served with Roast Potatoes, Carrots, Broccoli, Yorkshire Pudding and Gravy

Battered Fish Fillet Served with Chips, Garden Peas or Beans

**MEAT FREE**

Gourmet American Style Vegan Hot dog with Toppings Served with Baked Cajun Wedges and Boston Beans

Sweet & Sour Vegetables served Noodles or Egg Fried Rice & Stir fried Vegetables

Homemade Vegetarian Lasagne Served with Garlic & Herb Bread, Seasonal Vegetables or Mixed Salad

Cauliflower & Broccoli Cheese served with Roast Potatoes, Carrots, Cabbage, Yorkshire Pudding and Gravy

Vegan Quorn Sausage Served with Chips, Garden Peas or Baked Beans



Amigo Meatball Or Zingy Pepper Served on Pasta with a choice of Toppings

Chinese Chicken Curry Or Basilico Served on Pasta with a choice of Toppings

Bolognaise Or Cheese Sauce Served on Pasta with a choice of Toppings

Italian Meatballs Or Tomato & Mascarpone Served on Pasta with a choice of Toppings

Chip Shop Chicken Curry Or Arrabiata Served on Pasta with a choice of Toppings



Selection of Delicious Filled Breads, Healthy Salads, Poke Bowls and Pasta Pots

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Choose One of Our Fabulous Desserts Chocolate Brownie Fruit Yogurt & Coulis Fresh Fruit Pot

Choose One of Our Fabulous Desserts Toffee Apple crumble Fruit Yogurt & Coulis Fresh Fruit Pot

Choose One of Our Fabulous Desserts Victoria Sponge Fruit Yogurt & Coulis Fresh Fruit Pot

Choose One Dessert Fabulous Desserts Pineapple Cake Fruit Yogurt & Coulis Fresh Fruit Pot

Choose One of Our Fabulous Desserts Jam Tart Fruit Yogurt & Coulis Fresh Fruit Pot



# WEEK 2 MENU

WEEKS: 08/09, 29/09, 20/10, 17/11, 08/12, 12/01, 02/02, 02/03, 23/03

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY



Baked Chilli Beef Enchiladas Served with Mexican Vegetable Rice

Swedish Meatballs Served With Mashed Potato, Seasonal Vegetables

Marinated Jerk Chicken Thighs Served with Rice & Beans

Roast Pork Lion served with Roast Potatoes, Carrots, Broccoli, Stuffing and Gravy

Battered Fish Fillet Served with Chips, Garden Peas or Beans



Vegan Chilli con Carne Served with Mexican Vegetable Rice & Sour Cream

Meat Free Meatballs Served With Mashed Potato, Seasonal Vegetables

Jerk Vegetable & Bean Stew Served with Braised Rice

Quorn Fillet served with Roast Potatoes, Carrots, Cabbage, Yorkshire Pudding and Gravy

Vegetable Nuggets served with Chips, Garden Peas or Baked Beans



Amigo Meatball Or Zingy Pepper Served on Pasta with a choice of Toppings

Chinese Chicken Curry Or Basilico Served on Pasta with a choice of Toppings

Bolognaise Or Cheese Sauce Served on Pasta with a choice of Toppings

Italian Meatballs Or Tomato & Mascarpone Served on Pasta with a choice of Toppings

Chip Shop Chicken Curry Or Arrabiata Served on Pasta with a choice of Toppings



Selection of Delicious Filled Breads, Healthy Salads, Poke Bowls and Pasta Pots

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Selection of Delicious Filled Breads, Healthy Salads, Poke Bowls and Pasta Pots



Choose One of Our Fabulous Desserts Peach & Vanilla Sponge Fruit Yogurt & Coulis Fresh Fruit Pot

Choose One of Our Fabulous Desserts Apple & Berry Crumble Fruit Yogurt & Coulis Fresh Fruit Pot

Choose One of Our Fabulous Desserts Carrot Cake Fruit Yogurt & Coulis Fresh Fruit Pot

Choose One Dessert Fabulous Desserts Lemon Drizzle Cake Fruit Yogurt & Coulis Fresh Fruit Pot

Choose One of Our Fabulous Desserts Toffee Cream Tart Fruit Yogurt & Coulis Fresh Fruit Pot



# WEEK 3 MENU

WEEKS: 15/09, 06/10, 03/11, 24/11, 15/12, 19/01, 09/02, 09/03

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY



Chicken Shawarma  
Served with Pitta  
Bread, Fresh Salad and  
Yoghurt Dressing

Chicken Tikka Masala  
Served with Pilau Rice,  
Naan Bread Fingers  
& Cucumber Rita

Traditional Spanish  
Paella Served with  
Crusty Homemade  
Bread &  
Fresh Salad

Roast Gammon served  
with Roast Potatoes,  
Carrots, Broccoli,  
Yorkshire Pudding and  
Gravy

Battered Fish Fillet  
Served with Chips,  
Garden Peas or Beans



Traditional Turkish  
Shakshuka Served with  
Pitta Bread & Fresh  
Salad

Butternut Squash &  
Chickpea Korma  
Served with Pilau Rice,  
Naan Bread Fingers  
& Cucumber Rita

Roasted Mediterranean  
Vegetable Paella  
Served with Crusty  
Homemade Bread &  
Fresh Salad

Quorn Fillet served  
with Roast Potatoes,  
Carrots, Cabbage,  
Yorkshire Pudding and  
Gravy

Fishless Fish Fingers  
served with Chips,  
Garden Peas  
or Baked Beans



Amigo Meatball  
Or  
Zingy Pepper  
Served on Pasta with a  
choice of Toppings

Chinese Chicken Curry  
Or  
Basilico  
Served on Pasta with a  
choice of Toppings

Bolognaise  
Or  
Cheese Sauce  
Served on Pasta with a  
choice of Toppings

Italian Meatballs  
Or  
Tomato & Mascarpone  
Served on Pasta with a  
choice of Toppings

Chip Shop Chicken  
Curry  
Or  
Arrabiata  
Served on Pasta with a  
choice of Toppings



Selection of Delicious  
Filled Breads,  
Healthy Salads, Poke  
Bowls and Pasta Pots

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Bowls and Pasta Pots

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Bowls and Pasta Pots

Selection of Delicious  
Filled Breads,  
Healthy Salads, Poke  
Bowls and Pasta Pots



Choose One of Our  
Fabulous Desserts  
Chocolate Sponge  
Fruit Yogurt & Coulis  
Fresh Fruit Pot

Choose One of Our  
Fabulous Desserts  
Mixed Berry Sponge  
Fruit Yogurt & Coulis  
Fresh Fruit Pot

Choose One of Our  
Fabulous Desserts  
Apple Pie & Custard  
Fruit Yogurt & Coulis  
Fresh Fruit Pot

Choose One Dessert  
Fabulous Desserts  
Banana Cake  
Fruit Yogurt & Coulis  
Fresh Fruit Pot

Choose One of Our  
Fabulous Desserts  
Jaffa Style Sponge  
Fruit Yogurt & Coulis  
Fresh Fruit Pot