

WEEK ONE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

OPTION #1

OPTION #2

ON THE SIDE

DESSERT OF THE DAY

CLASSIC BEEF LASAGNE

With Garlic Bread



HOT WOK CHICKEN NOODLES

BUTCHERS SAUSAGE & MASH

with Onion Gravy



CHICKEN KORMA



with 50/50 Rice

BATTERED FILLET OF FISH

served with Chips & Tartare Sauce

QUORN AND BLACK BEAN FAJITAS

with Rice



CAJUN SWEET POTATO & SPINACH TART

with New Potatoes

VEGGIE SAUSAGE & MASH

with Onion Gravy



SWEET POTATO, CHICKPEA & SPINACH TIKKA



with 50/50 Rice



GREEK SPINACH & FILO PARCELS

and Chips

Green Beans
Carrots

Sweetcorn
Roasted Broccoli

Red Cabbage
Peas

Roasted
Cauliflower &
Sambals

Peas
Coleslaw

LEMON DRIZZLE
SPONGE

BLONDIE WITH
BERRIES

APPLE & CHERRY OATY CRUMBLE



with Custard

FRUIT MUFFIN

PINEAPPLE
UPSIDE DOWN
CAKE

ALSO AVAILABLE!

SOUP OF THE DAY
FILLED JACKET POTATOES

CHECK OUT...

OUR HOT AND COLD
GRAB & GO SELECTION

MENU KEY

ADDED PLANT PROTEIN   VEGAN OPTION
SOURCE OF WHOLEMEAL

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

OPTION #1

OPTION #2

ON THE SIDE

DESSERT OF THE DAY

CHEESE AND ONION QUICHE

With New Potatoes

GREEN THAI VEGETABLE CURRY

with Rice



Roasted Butternut Squash
Cauliflower

CINNAMON APPLE TURNOVER

STREET FOOD

SPICY CHICKEN

With Khobez and Tabbouleh Salad

HOUMOUS AND FALAFEL

With Khobez and Tabbouleh Salad



Red Cabbage Slaw and Roasted Chickpea Salad

SYRUP SPONGE

THE CLASSIC ROAST DINNER

with all the trimmings

BUTTERNUT & BEETROOT WELLINGTON

with Roast Potatoes & Gravy



Broccoli Sweetcorn

PLUM & VANILLA CRUMBLE

with Custard



BEEF MEATBALLS IN TOMATO SAUCE

with 50/50 Rice



TOFU AND BROCCOLI WOK FRIED RICE



Carrots Green Beans

VANILLA SPONGE

FISHFINGERS OR SALMON FISHCAKES

with Chips

LOADED HOUND DOG

with Chips

Baked Beans Garden Peas

CARROT CAKE

ALSO AVAILABLE!

SOUP OF THE DAY
FILLED JACKET POTATOES

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WEEK THREE

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OPTION #1

OPTION #2

ON THE SIDE

DESSERT OF THE DAY

STICKY SOY
AND HONEY
NOODLES

VEGETABLE
PLAIT
with New
Potatoes and
Gravy

Green Beans
Sweetcorn

WARM BANANA
FLAPJACK

THE MEXICAN KITCHEN

MEXICAN
BEEF CHILLI

with 50/50 Rice
or Soft
Tacos

MEXICAN
VEGETABLE
RICE

Pineapple
Salsa & Slaw

SCHOOL CAKE

CREAMY
CHICKEN PIE
with Crispy
Roasties &
Gravy

ROAST QUORN
& YORKSHIRE
PUDDING,
Crispy Roasties
and Gravy

Roasted Carrots
Swede

CHOCOLATE
SHORTBREAD
CAKE

CHICKEN
KATSU
CURRY
with Rice

SMOKEY BBQ
PLANT BALLS
with Couscous/
Spaghetti

Broccoli
Roasted
Vegetables

STICKY TOFFEE
APPLE CRUMBLE
with Custard

BATTERED
FISH
with Chips &
Tartare Sauce

THE BIG PLANT
BURGER
with Chips

Garden Peas
Baked Beans

PANCAKES &
CHERRY SAUCE

ALSO AVAILABLE!

SOUP OF THE DAY
FILLED JACKET POTATOES

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ADDED
PLANT
PROTEIN



VEGAN OPTION



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ON THE SIDE

DESSERT OF THE DAY

SECB3 CLASSIC BEEF LASAGNE
With **SECSD23** Garlic Bread

SECCH12 HOT WOK CHICKEN NOODLES

SECP4 / SECCH1 BUTCHERS SAUSAGE & SECSD3 MASH
with **SECSD26** Onion Gravy

SECSR2 CHICKEN KORMA
with **SECSD39** 50/50 Rice

SECF7 BATTERED FILLET OF FISH
served with **SECSD4** Chips & **SECSD36** Tartare Sauce

SECV31 QUORN AND BLACK BEAN FAJITAS
with **SECMK9** Tomato Salsa

SECV36 CAJUN SWEET POTATO & SPINACH TART
with **SECSD28** New Potatoes

SECV19 VEGGIE SAUSAGE & SECSD3 MASH
With **SECSD26** Onion Gravy

SECSR5 SWEET POTATO, CHICKPEA & SPINACH TIKKA
with **SECSD39** 50/50 Rice

SECY4 GREEK SPINACH & FILO PARCELS and **SECSD4** Chips

SECSD11 Green Beans
SECSD7 Carrots

SECSD12 Sweetcorn
SECSD5 Roasted Broccoli

SECSD37 Red Cabbage
SECSD6 Peas

SECSD13 Roasted Cauliflower &
SECSR8 **SECSR9** **SECSR10** **SECSR11** **SECSR12** Sambals

SECSD6 Peas
SECSD32 Coleslaw

SECSD24 LEMON DRIZZLE SPONGE

SECSD22 BLONDIE WITH BERRIES

SECSD16 APPLE & CHERRY OATY CRUMBLE
with Custard

SECSD8 FRUIT MUFFIN

SECSD42 PINEAPPLE UPSIDE DOWN CAKE

ALSO AVAILABLE!

SOUP OF THE DAY
FILLED JACKET POTATOES

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DESSERT OF THE DAY

SECV37 CHEESE AND ONION QUICHE

With SECSD28 New Potatoes

SECV33 GREEN THAI VEGETABLE CURRY

with SECSD15 Rice

SECSD35 Roasted Butternut Squash
SECSD13 Cauliflower

SECSD29 CINNAMON APPLE TURNOVER

SECSF1 / SECSF2 SPICY CHICKEN

With SECSF9 Khobez and SECSF12 Tabbouleh Salad

SECSF7 / SECSF8 HOUMOUS AND FALAFEL

With SECSF9 Khobez and SECSF12 Tabbouleh Salad

SECSF13 Red Cabbage Slaw and SECSF15 Roasted Chickpea Salad

SECSD9 SYRUP SPONGE

SECP3 or SECCH13 THE CLASSIC ROAST DINNER

with all the trimmings
SECSD21 SECSD8

SECV38 BUTTERNUT & BEETROOT WELLINGTON

with SECSD21 Roast Potatoes & SECSD8 Gravy

SECSD5 Broccoli
SECSD12 Sweetcorn

SECSD30 PLUM & VANILLA CRUMBLE
with SECSD28 Custard

SECB1 BEEF MEATBALLS IN TOMATO SAUCE

With SECSD39 50/50 Rice

SECV32 TOFU AND BROCCOLI WOK FRIED RICE

SECSD7 Carrots
SECSD11 Green Beans

SECSD21 VANILLA SPONGE

SECF2 FISHFINGERS OR SECF1 SALMON FISHCAKES with SECSD4 Chips

SECHD1-SECHD15 (SEE CONCEPT GUIDE) LOADED HOUND DOG with SECSD4 Chips

SECSD9 Baked Beans
SECSD6 Garden Peas

SECMB9 CARROT CAKE

ALSO AVAILABLE!

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FILLED JACKET POTATOES

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DESSERT OF THE DAY

SECV34
STICKY SOY
AND HONEY
NOODLES

SECMK1 MEXICAN
BEEF CHILLI
with **SECD39** 50/
50 Rice or **SECMK13**
Soft Tacos

SECCH5 CREAMY
CHICKEN PIE with
SECD21 Crispy
Roasties & **SECD8**
Gravy

SECCH4
CHICKEN
KATSU CURRY
With **SECD15**
Rice

SECF7 BATTERED
FISH
with **SECD4** Chips
& **SECD36** Tartare
Sauce

SECV8
VEGETABLE
PLAIT
with **SECD28**
New Potatoes and
SECD8 Gravy

SECMK3
MEXICAN
VEGETABLE
RICE

SECV35 ROAST
QUORN & **SECD34**
YORKSHIRE
PUDDING, **SECD21**
Crispy Roasties and
SECD8 Gravy

SECV39 SMOKEY
BBQ PLANT
BALLS with
SECD36
Couscous/ **SECD10**
Spaghetti

SECV14 **SECD18**
THE BIG PLANT
BURGER
with **SECD4** Chips

SECD11 Green
Beans
SECD12 Sweetcorn

SECMK7 Pineapple
Salsa & **SECMK10**
Slaw

SECD7 Roasted
Carrots
SECD38 Swede

SECD5 Broccoli
SECD24 Roasted
Vegetables

SECD6 Peas
SECD9 Baked Beans

SECD15 WARM BANANA
FLAPJACK

SECD26 SCHOOL CAKE

SECD23 CHOCOLATE
SHORTBREAD CAKE

SECD20 STICKY TOFFEE
APPLE CRUMBLE with
SECD28 Custard

SECD27 PANCAKES &
CHERRY SAUCE

ALSO AVAILABLE!

SOUP OF THE DAY
FILLED JACKET POTATOES

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