

WEEK ONE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

OPTION #1

**BUTTERNUT
MAC & CHEESE**
With Crunchy
Topping

BEEF CHILLI
with Rice and
Sour Cream



**PORK OR
CHICKEN
SAUSAGE**
Roast Potatoes
and Gravy


**CHICKEN TIKKA
MASALA**
With 50/50 Rice



**BREADED
FISH**
with Chips &
Garden Peas

OPTION #2

**QUORN &
VEGETABLE
CHOW MEIN**

**FALAFEL
WRAPS**
with Couscous
and Mint & Yoghurt
Dip

**VEGAN
SAUSAGE**
With Roast
Potatoes and
Gravy



**SWEET
POTATO &
CHICKPEA CURRY**
with 50/50 Rice



**CHEESE & LEEK
FRITTATA**
with Chips and
Garden Peas

ON THE SIDE

Vegetables of the
Day

Vegetables of the
Day

Vegetables of the
Day

Vegetables of the
Day

Vegetables of the
Day

DESSERT OF THE DAY

**PINEAPPLE UPSIDE
DOWN CAKE**

**CHOCOLATE
CRUNCH CAKE**

**STICKY TOFFEE
APPLE CRUMBLE**
With Custard



**WARMED JAMAICAN
GINGER CAKE**
with Ice Cream or
Custard

**ICED SPONGE
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.

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WEEK TWO

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

OPTION #1

CHEESE AND TOMATO QUICHE 
With Potato Wedges

BEEF LASAGNE
with Garlic Bread and Salad



CREAMY CHICKEN AND BROCCOLI PIE
with New Potatoes



JERK CHICKEN
with Rice and Peas and Pineapple Slaw

FISH IN BATTER
with Chips

OPTION #2

CRUNCHY LENTIL PASTA BAKE
with Roasted Vegetables

CHICKPEA AND SWEET POTATO TAGINE
With Couscous



LEEK, ONION & POTATO TRAY BAKE

CURRIED SQUASH & BUTTERBEAN STEW
with Rice and Peas & Slaw



VEGAN BURGER
with Chips



ON THE SIDE

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

DESSERT OF THE DAY

CHOCOLATE SPONGE PUDDING

APPLE PIE
With Cream

PEAR & CHOC CRUMBLE 
With Custard

JAM & COCONUT SPONGE

OATY FLAPJACK



ALSO AVAILABLE...

SOUP OF THE DAY
FILLED JACKET POTATOES

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WEEK THREE

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TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

OPTION #1

CHEESY CHILLI
CHICKEN
PASTA

CHICKEN
SOUVLAKI

with Golden Rice
or Seasoned
Potatoes

ROAST OF
THE DAY

New Potatoes &
Gravy

ENCHILADAS

Pork, Beef or
Chicken (*choose
one*) with 50/50
Rice

CHIP SHOP
FISH / SAUSAGE

with Chips, Mushy
Peas and Gravy/
Curry Sauce

OPTION #2

SPAGHETTI &
PLANT BASED
MEATBALLS

SPINACH &
CHEESE WHIRL

Golden Rice or
Seasoned Potatoes

LENTIL
WELLINGTON

with New Potatoes
& Gravy

MEXICAN
SOYA CHILLI

with 50/50 Rice
and Sour Cream

VEGAN
SAUSAGE

Chips, Mushy Peas
& Gravy/
Curry Sauce

ON THE SIDE

Vegetables of the
Day

Vegetables of the
Day

Vegetables of the
Day

Vegetables of the
Day

Vegetables of the
Day

DESSERT OF THE DAY

CHOC ORANGE
COOKIE

SUMMER FRUIT
CRUMBLE

With Custard

FRUIT MUFFINS

PEACH CAKE
With Custard

CHOCOLATE
BROWNIE

ALSO AVAILABLE...

SOUP OF THE DAY
FILLED JACKET POTATOES

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