

# WEEK ONE

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### OPTION #1

STICKY SOY AND HONEY NOODLES (V)



RED LENTIL VEGAN BOLOGNAISE

ROAST QUORN (VE) with all the trimmings (VE)



THE MEXICAN KITCHEN

MEXICAN BEAN CHILLI (VE) & 50/50 Rice or Soft Tacos

GREEK SPINACH & PARCELS (V) and Chips or Wedges (VE)

### OPTION #2

GREEN THAI CHICKEN CURRY with 50/50 Rice



CLASSIC BEEF BOLOGNAISE With Garlic Bread



FLAVOURED CHICKEN with Roast or New Potatoes and Gravy



MEXICAN BEEF CHILLI with 50/50 Rice or Soft Tacos



FISH with Chips or Wedges

### ON THE SIDE

Vegetables of the Day (V/VE)



Vegetables of the Day (V/VE)



Vegetables of the Day (V/VE)



Vegetables of the Day (V/VE)



Vegetables of the Day (V/VE)



### DESSERT OF THE DAY

PINEAPPLE UPSIDE DOWN CAKE with Custard (V)

DATY COOKIE (VE)



PLUM & VANILLA CRUMBLE (VE) with Custard (V)



FRESH FRUIT PLATTER (VE)



LEMON AND BERRY DRIZZLE CAKE (V)

### ALSO AVAILABLE!

FILLED JACKET POTATOES  
DAILY FRESH BREAD

### CHECK OUT...

OUR HOT AND COLD  
GRAB & GO SELECTION

### MENU KEY



LOCAL SEASONAL FRUIT & VEG

ADDED PLANT PROTEIN



LOCAL RED TRACTOR MEAT



PLANET FRIENDLY LOW CARBON OPTION



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

### STREET FOOD

### OPTION #1

QUORN AND BLACK BEAN FAJITAS (VE) with Rice (VE)



VEGGIE SAUSAGE (VE) & MASH (VE) with Onion Gravy (VE)



HOUMOUS AND FALAFEL & Khobez and Tabbouleh Salad



BLACK BEAN VEGETABLES (VE) with Rice (VE)



LOADED HOUND DOG (VE) with Chips or Wedges (VE)



### OPTION #2

PERI PERI CHICKEN WRAP

BUTCHERS SAUSAGE & MASH with Onion Gravy



CHICKEN with Khobez and Tabbouleh Salad



BEEF ENCHILADAS



BATTERED FILLET OF FISH served with Chips or Wedges & Tartare Sauce

### ON THE SIDE

Vegetables of the Day (V/VE)



Vegetables of the Day (V/VE)



Vegetables of the Day (V/VE)



Vegetables of the Day (V/VE)



Vegetables of the Day (V/VE)



### DESSERT OF THE DAY

CHILLI, CHOCOLATE MUFFIN (V)

CARROT & COURGETTE CAKE with Custard (V)



APPLE & CHERRY OATY CRUMBLE with Custard (VE/V)



SEEDED FLAPJACK (VE)



ALLOTMENT CAKE (V)



### ALSO AVAILABLE!

FILLED JACKET POTATOE DAILY FRESH BREAD

### CHECK OUT...

OUR HOT AND COLD GRAB & GO SELECTION

### MENU KEY



LOCAL SEASONAL FRUIT & VEG

ADDED PLANT PROTEIN



LOCAL RED TRACTOR MEAT

PLANET FRIENDLY LOW CARBON OPTION

WHOLEMEAL

### ALLERGIES

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# WEEK THREE

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY



### OPTION #1

LENTIL LASAGNE (V)

SWEET POTATO, CHICKPEA & SPINACH TIKKA (VE) with 50/50 Rice (VE)

CAJUN SWEET POTATO & SPINACH TART (V) with Roast or New Potatoes (VE)

TOMATO AND BASIL PASTA 

THE BIG PLANT BURGER (VE) with Chips or Wedges (VE) 

### OPTION #2

BEEF LASAGNE 


CHICKEN KORMA with 50/50 Rice 


THE CLASSIC ROAST DINNER with all the trimmings 


BEEF MEATBALLS IN TOMATO SAUCE with Spaghetti 


BATTERED FISH with Chips or Wedges & Tartare Sauce 


### ON THE SIDE

Vegetables of the Day (V/VE) 

Vegetables of the Day (V/VE) 

Vegetables of the Day (V/VE) 

Vegetables of the Day (V/VE) 

Vegetables of the Day (V/VE) 

### DESSERT OF THE DAY

WARM BANANA FLAPJACK (VE) 

FRESH FRUIT PLATTER (VE) 

JAM SPONGE with Custard (V)

PEAR UPSIDE DOWN CAKE with Custard (V) 

BERRY CRUMBLE CAKE (V)

### ALSO AVAILABLE!

FILLED JACKET POTATOE DAILY FRESH BREAD

### CHECK OUT...

OUR HOT AND COLD GRAB & GO SELECTION

### MENU KEY

-  LOCAL SEASONAL FRUIT & VEG
-  PLANET FRIENDLY LOW CARBON OPTION
-  LOCAL RED TRACTOR MEAT
-  WHOLEMEAL
-  ADDED PLANT PROTEIN

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