

WEEK 1 MENU

W/C: 04/11 , 25/11 , 16/12 , 06/01 , 27/01 , 10/03 , 31/03

CHOICE One

CHOICE Two

GRAB & GO options

	SPICE IS NICE	SPICE IS NICE
MON	Chicken Tikka Masala 🍷 🌿 Served with Wholegrain Rice and Spiced Cauliflower	Catalan Spiced Bean and Potato Stew 🌿 🍷 Served with Herb Dumpling and Spiced Cauliflower
	BURGER BAR	BURGER BAR
TUE	Beef Burger Served with Baked Garlic and Herb Wedges and Corn on the Cob	Veggie Burger 🌿 Served with Baked Garlic and Herb Wedges and Corn on the Cob
	CLASSICS	CLASSICS
WED	Honey Roast Gammon with Roast Potatoes, Vegetables and Gravy	Macaroni Cheese 🌿
	STREET	STREET
THUR	Chicken Katsu 🌿 Served with Wholegrain Rice	Korean Glazed Quorn Flatbread 🌿 Served with Satay Sweetcorn
	FRIDAY FAVOURITES	FRIDAY FAVOURITES
FRI	Battered Fish or Southern Fried Chicken with Chips, Baked Beans or Peas	Quorn Sausage Roll 🌿 Served with Chips, Baked Beans and Peas

HOT DISHES:

Paninis
Pasta and Sauces
Freshly Baked Pizza
Soup and Bread
Jacket Potato and Toppings

SALADS:

Tuna and Sweetcorn Pasta Salad 🍷
Pesto Pasta Salad 🌿 🍷
Roasted Indian Chickpea Salad 🍷 🌿

SANDWICHES/BAGUETTES:

Ham and Cheese Sandwich
Chicken Salad Sandwich
Cheese Baguette 🌿
Tuna Mayo Baguette
BLT Baguette

WRAPS:

Pepper and Houmous Wrap 🌿 🍷 🌿
BBQ Chicken Wrap 🌿 🍷
Chicken Caesar Wrap 🌿 🍷








WEEK 2 MENU

W/C: 11/11 , 02/12 , 13/01 , 03/02 , 24/02 , 17/03

CHOICE One

CHOICE Two

GRAB & GO options

	CLASSICS	CLASSICS
MON	Sausage and Mash Served with Vegetables and Gravy	Vegetarian Sausage and Mash  Served with Vegetables and Gravy
	CLASSIC	SPICE
TUE	Chicken and Broccoli Pasta Bake   Garlic and Herb Wedges	Vegetable Tikka Masala   Wholegrain Rice
	CLASSIC	CLASSIC
WED	Roast Beef with Roast Potatoes, Vegetables and Gravy	Roast Quorn  with Roast Potatoes, Vegetables and Gravy
	NOODLE BAR	NOODLE BAR
THUR	Chicken Yakisoba Served with Vegetables	Soya Yakisoba   Served with Vegetables
	FRIDAY FAVOURITES	FRIDAY FAVOURITES
FRI	Southern Fried Chicken Wrap Served with Chips, Baked Beans and Peas	Urban Veggie Dog with chips, Baked Beans or Peas


HOT DISHES:

Paninis
Pasta and Sauces
Freshly Baked Pizza
Soup and Bread
Jacket Potato and Toppings

SALADS:

Tuna and Sweetcorn Pasta Salad 
Pesto Pasta Salad   
Roasted Indian Chickpea Salad  

SANDWICHES/BAGUETTES:

Ham and Cheese Sandwich
Chicken Salad Sandwich
Cheese Baguette 
Tuna Mayo Baguette
BLT Baguette

WRAPS:

Pepper and Houmous Wrap   
BBQ Chicken Wrap  
Chicken Caesar Wrap  

WEEK 3 MENU

W/C: 18/11 , 09/12 , 20/01 , 10/02 , 03/03 , 24/03

CHOICE *One*

CHOICE *Two*

GRAB & GO *options*

	STREET	STREET
MON	Buffalo Chicken Served with Baked Garlic and Herb Wedges, Mixed Salad and Ranch Dressing	Butterbean, Blackbean and Coconut Stew 🌱 🍷 🌾 Served with Wholegrain Rice and Mixed Salad
	SPICE	PAN ASIAN
TUE	Butter Chicken 🌾 with Wholegrain Rice	Teriyaki Vegetarian Wrap 🌱 🌾 🍷 Served with Satay Sweetcorn
	CLASSICS	STREET
WED	Roast Pork with Roast Potatoes, Vegetables and Gravy	West African Vegetable Rice 🌱 🍷
	ITALIAN	ITALIAN
THUR	Beef Lasagne 🌾 Served with Garlic and Herb Bread and Mixed Salad	Vegetarian Lasagne 🌱 🍷 Served with Garlic and Herb Bread and Mixed Salad
	FRIDAY FAVOURITES	FRIDAY FAVOURITES
FRI	Battered Fish or Southern Fried Chicken with Chips. Baked Beans or Peas	Veggie Chilli Loaded Fries 🌱

HOT DISHES:

Paninis
Pasta and Sauces
Freshly Baked Pizza
Soup and Bread
Jacket Potato and Toppings

SALADS:

Tuna and Sweetcorn Pasta Salad 🍷
Pesto Pasta Salad 🌾 🌱 🍷
Roasted Indian Chickpea Salad 🍷 🌱

SANDWICHES/BAGUETTES:

Ham and Cheese Sandwich
Chicken Salad Sandwich
Cheese Baguette 🌱
Tuna Mayo Baguette
BLT Baguette

WRAPS:

Pepper and Houmous Wrap 🌱 🌾 🍷
BBQ Chicken Wrap 🌾 🍷
Chicken Caesar Wrap 🌾 🍷