


WEEK 1 MENU

CHOICE *One*

CHOICE *Two*

GRAB & GO *options*

	MEAT FREE MONDAY	MEAT FREE MONDAY
MON	Macaroni Cheese with Crispy Cauliflower  Served with Roasted Beetroot and Chickpea Salad and Crispy Onions	Vegetarian Bolognese  Served with Wholewheat Pasta and Side Salad
	BURGER BAR	BURGER BAR
TUE	Cheeseburger  Served with Chipotle Wedges and Corn on the Cob	Veggie Burger  Served with Chipotle Wedges and Corn on the Cob
	ROAST	HOT DELI
WED	Roast Chicken  Served with Roast Potatoes, Vegetables and Gravy	Sticky BBQ Quorn Pitta  Served with Mixed Salad
	RICE BOX	RICE BOX
THUR	Chicken Tikka Masala    Served with Wholegrain Rice and Vegetables	Roasted Rainbow Vegetables  
	FRIDAY FAVOURITES	FRIDAY FAVOURITES
FRI	Southern Fried Chicken Goujons  Served with Chips, Baked Beans and Peas	Quorn Sausage Roll  Served with Chips, Baked Beans and Peas

HOT DISHES:

- Paninis
- Pasta and Sauces
- Freshly Baked Pizza (Mondays and Thursdays)
- 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

CHOICE *One*

CHOICE *Two*

GRAB & GO *options*

	MEAT FREE MONDAY	MEAT FREE MONDAY
MON	Chickpea and Vegetable Jalfrezi    with Wholegrain Rice	Vegetable Chow Mein 
	PAN-ASIAN	PAN-ASIAN
TUE	Mandarin Chicken   Served with Wholegrain Rice, Peas and Crunchy Slaw	Vegetable Donburi  Served with Peas and Crunchy Slaw
	HOT DELI	HOT DELI
WED	Roast Chicken and Stuffing Baguette  Served with Chipotle Wedges, Coleslaw and Sweetcorn	Korean BBQ Quorn Sub  Served with Chipotle Wedges, Coleslaw and Sweetcorn
	LOADED NACHOS	FAVOURITES
THUR	Chilli Con Carne Nachos   Served with Mixed Salad and Salsa	Vegetarian Cottage Pie  Served with Peas and Gravy
	FRIDAY FAVOURITES	FRIDAY FAVOURITES
FRI	Battered Fish Served with Chips, Baked Beans and Peas	Cheese and Onion Pasty  Served with Chips, Baked Beans and Peas



HOT DISHES:

Paninis
Pasta and Sauces
Freshly Baked Pizza (Mondays and Thursdays)
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

CHOICE *One*

CHOICE *Two*

GRAB & GO *options*

	MEAT FREE MONDAY	MEAT FREE MONDAY
MON	Urban Veggie Hot Dog Served with Chipotle Wedges and American Slaw	Macaroni Cheese with Chipotle Sweetcorn Served with Roasted Beetroot and Chickpea Salad and Crispy Onions
	STREET FOOD	STREET FOOD
TUE	Buffalo Chicken Served with Baked Garlic and Herb Wedges and Mixed Salad	Quorn Shawarma Pitta Pocket Served with Mixed Salad
	CLASSICS	CLASSICS
WED	Roast Turkey Served with Roast Potatoes, Vegetables and Gravy	Roast Veggie Balls Served with Mashed Potato, Peas and Gravy
	BUDDHA BOX	BUDDHA BOX
THUR	Nut-free Chicken Satay Buddha Box Served with Wholegrain Rice and Mixed Salad	Roast Butternut Squash, Chickpea and Broccoli Buddha Box
	FRIDAY FAVOURITES	FRIDAY FAVOURITES
FRI	Southern Fried Chicken Goujons Served with Chips, Baked Beans and Peas	Vegetable Fajita Served with Chips, Baked Beans and Peas

HOT DISHES:

Paninis
Pasta and Sauces
Freshly Baked Pizza (Mondays and Thursdays)
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