

# WEEK ONE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## OPTION #1

## OPTION #2

## ON THE SIDE

## DESSERT OF THE DAY

### CLASSIC BEEF BOLOGNAISE

With Garlic Bread



### THE MEXICAN KITCHEN

### MEXICAN BEEF CHILLI

with 50/50 Rice or Soft Tacos



### PERI-PERI CHICKEN with Roast Potatoes and Gravy

### GREEN THAI CHICKEN CURRY with 50/50 Rice



### FISHFINGERS OR SALMON FISHCAKES with Chips

### AUTUMN VEGETABLE RISOTTO

### MEXICAN VEGETABLE RICE



### CAJUN SWEET POTATO & SPINACH TART with Roast Pots

### STICKY SOY AND HONEY NOODLES

### LOADED HOUND DOG with Chips

Green Beans Carrots

Pineapple Salsa & Slaw

Cauliflower Peas

Sweetcorn Roasted Broccoli

Baked Beans Coleslaw

PINEAPPLE UPSIDE DOWN CAKE with Custard

OATY COOKIE



PLUM & VANILLA CRUMBLE with Custard



SCHOOL CAKE

LEMON DRIZZLE SPONGE

## 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

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## OPTION #1

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## ON THE SIDE

## DESSERT OF THE DAY

**MACARONI CHEESE**  
with Crunchy Garlic Croutons


**QUORN AND BLACK BEAN FAJITAS**  
with Rice 

Roasted Butternut Squash  
Cauliflower

**BLONDIE WITH BERRIES**

## 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**  
with Custard

**BUTCHERS PORK SAUSAGE & MASH**  
with Onion Gravy

**VEGGIE SAUSAGE & MASH**  
with Onion Gravy 

Broccoli Sweetcorn

**APPLE & CHERRY OATY CRUMBLE**  
with Custard 

**HOT WOK CHICKEN NOODLES**

**BLACK BEAN VEGETABLES**  
with Rice 

Carrots Green Beans

**CHOCOLATE SHORTBREAD CAKE**

**BATTERED FILLET OF FISH**  
with Chips & Tartare Sauce

**GREEK SPINACH & FILO PARCELS**  
and Chips

Baked Beans Garden Peas

**PEAR UPSIDE DOWN CAKE**

## ALSO AVAILABLE!

**SOUP OF THE DAY**  
**FILLED JACKET POTATOES**

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## ON THE SIDE

## DESSERT OF THE DAY

VEGETARIAN  
THAI NOODLES

VEGAN  
MEATBALL  
PASTA BAKE

Green Beans  
Sweetcorn

WARM BANANA  
FLAPJACK

MEATBALLS  
IN TOMATO  
SAUCE

with Spaghetti

VEGETABLE  
BIRYANI

Broccoli  
Roasted  
Vegetables

VANILLA SPONGE

THE CLASSIC  
ROAST DINNER

with all the  
trimmings

ROAST QUORN,  
with all the  
trimmings

Roasted Carrots  
Red Cabbage

JAM SPONGE  
with Custard

SPICE  
& RICE

CHICKEN  
KORMA  
with 50/50 Rice

SWEET POTATO,  
CHICKPEA &  
SPINACH TIKKA  
with 50/50  
Rice

Roasted  
Cauliflower &  
Sambals

STICKY TOFFEE  
APPLE CRUMBLE  
with Custard

BATTERED  
FISH

with Chips &  
Tartare Sauce

THE BIG PLANT  
BURGER  
with Chips

Garden Peas  
Baked Beans

BERRY CRUMBLE  
CAKE

## ALSO AVAILABLE!

SOUP OF THE DAY  
FILLED JACKET POTATOES

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## ON THE SIDE

## DESSERT OF THE DAY

### THE MEXICAN KITCHEN

*SECB4 SECD23*  
**CLASSIC BEEF BOLOGNAISE**  
with Garlic Bread

*SECMK1 SECD39*  
*SECMK13*  
**BEEF CHILLI**  
with Rice and Or Soft Tacos

*SECCH17 SECD21*  
*SECD3* **PERI-PERI CHICKEN**  
with Roast Potatoes and Gravy

*SECCH16 SECD39*  
**GREEN THAI CHICKEN CURRY** with 50/50 Rice

*SECF2 SECF1*  
*SECD4*  
**FISHFINGERS OR SALMON FISHCAKES** with Chips

*SECV47*  
**AUTUMN VEGETABLE RISOTTO**

*SECMK3*  
**MEXICAN VEGETABLE RICE**

*SECV36 SECD3*  
**CAJUN SWEET POTATO & SPINACH TART**  
with Roast Pots

*SECV34*  
**STICKY SOY AND HONEY NOODLES**

*SECHD1 - SECHD15*  
*SECD4* **LOADED HOUND DOG**  
with Chips

Green Beans  
Carrots

Pineapple  
Salsa & Slaw

Cauliflower  
Peas

Sweetcorn  
Roasted Broccoli

Baked Beans  
Coleslaw

*SECD42 SECD28*  
**PINEAPPLE UPSIDE DOWN CAKE** with Custard

*SECD46*  
**OATY COOKIE**

*SECD30 SECD28*  
**PLUM & VANILLA CRUMBLE** with Custard

*SECD26*  
**SCHOOL CAKE**

*SECD24*  
**LEMON DRIZZLE SPONGE**

## ALSO AVAILABLE!

**SOUP OF THE DAY**  
**FILLED JACKET POTATOES**

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**OUR HOT AND COLD GRAB & GO SELECTION**

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 **SOURCE OF WHOLEMEAL**

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## ON THE SIDE

## DESSERT OF THE DAY

*SECMC1 SECMC2*

### MACARONI CHEESE

With Crunchy Garlic Croutons

*SECV31 SECSO39*

### QUORN AND BLACK BEAN FAJITAS

with Rice

Roasted Butternut Squash  
Cauliflower

*SECD22*

### BLONDIE WITH BERRIES

## STREET FOOD

*SECSF2 SECSF9 SECSF12*

### SPICY CHICKEN

with Khobez and Tabbouleh Salad

*SECSF8 SECSF9 SECSF12*

### HOUMOUS AND FALAFEL

with Khobez and Tabbouleh Salad

Red Cabbage Slaw and Roasted Chickpea Salad

*SECD19 SECD28*

### SYRUP SPONGE

with Custard

*SECP4 SECCH11 SECSO8 SECSO3*

### SAUSAGE & MASH

with Onion Gravy

*SECV19 SECSO8 SECSO3*

### VEGGIE SAUSAGE & MASH

with Onion Gravy

Broccoli Sweetcorn

*SECD16 SECD28*

### APPLE & CHERRY OAT CRUMBLE

with Custard

*SECCH12*

### HOT WOK CHICKEN NOODLES

*SECV48 SECSO39*

### BLACK BEAN VEGETABLES

with Rice

Carrots Green Beans

*SECD23*

### CHOCOLATE SHORTBREAD CAKE

*SECF7 SECSO4 SECSO36*

### BATTERED FISH

with Chips and Tartare Sauce

*SECV4 SECSO4*

### GREEK SPINACH & FILO PARCELS

and Chips

Baked Beans Garden Peas

*SECD47*

### PEAR UPSIDE DOWN CAKE

## ALSO AVAILABLE!

SOUP OF THE DAY  
FILLED JACKET POTATOES

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## DESSERT OF THE DAY

*SECV49*  
VEGETARIAN  
THAI NOODLES

*SECV50*  
VEGAN  
MEATBALL  
PASTA BAKE

Green Beans  
Sweetcorn

*SECD15*  
WARM BANANA  
FLAPJACK

*SECBI SECSD10*  
MEATBALLS  
IN TOMATO  
SAUCE  
with Spaghetti

*SECV51*  
VEGETABLE  
BIRYANI

Broccoli  
Roasted  
Vegetables

*SECD21*  
VANILLA SPONGE

*SECCH13 SECSD34*  
*SECSD21 SECSD3*  
CLASSIC  
ROAST with all the  
trimmings

*SECV35 SECSD34*  
*SECSD21 SECSD3*  
ROAST QUORN,  
with all the  
trimmings

Roasted Carrots  
Red Cabbage

*SECD49 SECSD28*  
JAM SPONGE with  
Custard



*SECSR2 SECSD39*  
CHICKEN KORMA  
with 50/50 Rice

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

Roasted  
Cauliflower &  
Sambals

*SECD20 SECSD28*  
STICKY TOFFEE  
APPLE CRUMBLE  
With Custard

*SECF7 SECSD4*  
*SECSD36*  
BATTERED FISH  
with Chips and  
Tartare Sauce

*SECV14 SECSD4*  
THE BIG PLANT  
BURGER  
with Chips

Garden Peas  
Baked Beans

*SECD48*  
BERRY CRUMBLE  
CAKE

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