

# WEEK 1 MENU

## CHOICE *One*

## CHOICE *Two*

## GRAB & GO *options*

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

### HOT DISHES:



Paninis  
Pasta and Sauces  
Freshly Baked Pizza

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
<b>MON</b>	<b>Chickpea and Vegetable Jalfrezi</b>    with Wholegrain Rice	<b>Vegetable Chow Mein</b> 
	PAN-ASIAN	PAN-ASIAN
<b>TUE</b>	<b>Mandarin Chicken</b>   Served with Wholegrain Rice, Peas and Crunchy Slaw	<b>Vegetable Donburi</b>  Served with Peas and Crunchy Slaw
	HOT DELI	HOT DELI
<b>WED</b>	<b>Roast Chicken and Stuffing Baguette</b>  Served with Chipotle Wedges, Coleslaw and Sweetcorn	<b>Korean BBQ Quorn Sub</b>  Served with Chipotle Wedges, Coleslaw and Sweetcorn
	LOADED NACHOS	LOADED NACHOS
<b>THUR</b>	<b>Chilli Con Carne Nachos</b>   Served with Mixed Salad and Salsa	<b>Chilli No Carne Nachos</b>   Served with Mixed Salad and Salsa
	FRIDAY FAVOURITES	FRIDAY FAVOURITES
<b>FRI</b>	<b>Battered Fish</b> Served with Chips, Baked Beans and Peas	<b>Cheese and Onion Pasty</b>  Served with Chips, Baked Beans and Peas

### HOT DISHES:



Paninis  
Pasta and Sauces  
Freshly Baked Pizza

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
<b>MON</b>	<b>Urban Veggie Hot Dog</b>  Served with Chipotle Wedges and American Slaw	<b>Tropical Sunshine Hot Dog</b>   Served with Chipotle Wedges and American Slaw
	STREET FOOD	STREET FOOD
<b>TUE</b>	<b>Buffalo Chicken</b>  Served with Baked Garlic and Herb Wedges and Mixed Salad	<b>Quorn Shawarma Pitta Pocket</b>  Served with Mixed Salad
	CLASSICS	CLASSICS
<b>WED</b>	<b>Roast Turkey</b>  with Roast Potatoes, Vegetables and Gravy	<b>Roast Veggie Balls</b>  Served with Mashed Potato, Peas and Gravy
	BUDDHA BOX	BUDDHA BOX
<b>THUR</b>	<b>Nut-free Chicken Satay Buddha Box</b>   Served with Wholegrain Rice and Mixed Salad	<b>Roast Butternut Squash, Chickpea and Broccoli Buddha Box</b>   
	FRIDAY FAVOURITES	FRIDAY FAVOURITES
<b>FRI</b>	<b>Southern Fried Chicken Goujons</b>  with Chips, Baked Beans and Peas	<b>Vegetable Fajita</b>   Served with Chips, Baked Beans and Peas

### HOT DISHES:



Paninis  
Pasta and Sauces  
Freshly Baked Pizza

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  