

WEEK ONE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY


MAIN #1


Crunchy Crouton
Mac & Cheese

Chicken Enchilada
with Rice



Roast Turkey, New
Potatoes, Seasonal
Vegetables & Gravy


Jerk Chicken with Rice
and Peas and Pineapple
Slaw

Chip Shop Fish or
with Chips, Mushy
Peas and Gravy/
Curry Sauce

MAIN #2


Bang Bang
Cauliflower Mac &
Cheese

Quorn Chilli Loaded
Wedges



Roasted Vegetable
Filo Pastry Tart
with New Potatoes
& Seasonal
Vegetables


Curried Squash,
Sweet Potato &
Butterbean Stew with
Rice and Peas &
Pineapple Slaw

Chip Shop Vegan
Sausage with
Chips, Mushy Peas
and Gravy/ Curry
Sauce



GRAB & GO

Chicken Wings

Mexican Bean Roll

Chicken Wrap

Chicken & Cheese
Flatbread

Veggie Pitta Pizza

BOWLED OVER

Rice Bowl

Pasta Kitchen

Vegetarian
Noodle Street

Loaded Nachos

Pasta Kitchen

HOMEMADE DESSERT

Pineapple Upside
Down Cake

Chocolate Crunch
Cake

Summer Fruit Crumble
with Custard

Warmed Jamaican
Ginger Cake with Ice
Cream or Custard

Iced Sponge Cake

SUPER SPUDS

DON'T FORGET ABOUT OUR BAKED
POTATOES WITH A VARIETY OF TOPPINGS
FOR YOU TO CHOOSE FROM!

DAILY SELECTION

MENU KEY



- IM VEGAN!



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

MAIN #1

Vegetable Chow Mein


Chicken Souvlaki with
Greek Salads


Chicken Sausage and
Red Onion Chutney Hot
Baguette with Roasted
New Potatoes


Chicken Tikka Masala
with Rice

Breaded Fish, Chips &
Garden Peas

MAIN #2

Sweet and Sour
Vegetables with Rice


Feta, Honey and
Spinach Parcel with
Greek Salads

Vegan Sausage and Red
Onion Chutney Hot
Baguette with Roasted
New Potatoes 


Sweet Potato, Chickpea
& Spinach Curry with
Rice 

Cheese and Leek
Frittata with Chips and
Garden Peas

GRAB & GO

Selection of Paninis

Mexican Bean Roll

Chicken Wrap

Bagel Pizza

Cheese & Tomato
Quesadilla

BOWLED OVER

Rice Bowl

Pasta Kitchen

Noodle Street

Pasta Kitchen

Loaded Nachos

HOMEMADE DESSERT

Chocolate Sponge
Pudding

Custard Tart with Mixed
Berry Compote

Sticky Toffee Apple
Crumble and Custard

Jam and Coconut
Sponge

Oaty Flapjack 

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WEEK THREE

MONDAY

TUESDAY

WEDNESDAY


THURSDAY

FRIDAY

MAIN #1

Crunchy Topped
Tomato Pasta Bake
with Roasted
Vegetables 

THE MEXICAN KITCHEN
Spicy Mexican Chicken
with Rice and Sides

Chicken Lasagne with
Garlic Bread
and Salad 

**FIESTA
ESPANOL**
Chicken Paella with
Patatas Bravas and
Salads

Fish and Chips with
Garden Peas or Baked
Beans


MAIN #2

Vegetarian Toad in the
Hole with Mashed
Potatoes & Gravy

THE MEXICAN KITCHEN
Vegan Chilli with Rice
and Sides 

Vegetable Ragu with
Garlic Bread and
Spaghetti 

**FIESTA
ESPANOL**
Spanish Tortilla with
Patatas Bravas and
Salads

Vegetarian Burger and
Chips with Garden Peas
or Baked Beans 

GRAB & GO

Selection of Wraps

Pitta Pizza

Chicken Wrap

Selection of Paninis

Mexican Bean Roll

BOWLED OVER

Rice Bowl

Pasta Kitchen

Rice Bowl

Noodle Street

Pasta Kitchen

HOMEMADE DESSERT

Chocolate Orange
Cookie 

Apple Pie
with Cream

Fruit Muffins

Peach Cake

Chocolate Brownie

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