

Week 1

|                                      |   | Monday                                                                                                                       | Tuesday                                                                                                               | Wednesday                                                                                                           | Thursday                                                                                                                              | Friday                                                                                                                                                                                                        |
|--------------------------------------|---|------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Main Course                          | 1 | Chicken Chow Mein<br>                       | Beef Tacos with Garlic Wedges<br>    | Herb Crusted Turkey with Roast Potatoes, Cranberry Sauce and Gravy                                                  | Vietnamese Caramelised Pork with Pitta Bread<br>   | Oven Baked Fish & Chips with Lemon & Tartare Sauce<br><br>Oven Baked Chicken Burger & Chips Served with Lettuce and Tomato |
|                                      | 2 | Chinese Vegetable Curry with Brown Rice<br> | Cheese & Leek Macaroni Bake<br>     | Vegetable Stuffed Falafel<br>    | Black Bean Taco's with Potato wedges<br>           | Cheese & Tomato Pinwheel with Chips<br>                                                                                    |
| Vegetable Choices                    |   | Asian Slaw / Broccoli & Green Beans<br>     | Rainbow Salad Coleslaw<br>           | Cauliflower & Carrots                                                                                               | Tomato & Cucumber Salad                                                                                                               | Baked Beans Mushy Peas                                                                                                                                                                                        |
| Jacket Potatoes                      | 3 | Jacket Potatoes                                                                                                              | Jacket Potatoes                                                                                                       | Jacket Potatoes                                                                                                     | JacketPotatoes                                                                                                                        | Jacket Potatoes                                                                                                                                                                                               |
| Fillings<br>Please choose one choice |   | Cheese / Tuna / Beans<br>                   | Cheese/Tuna/ Beans<br>              | Cheese /Tuna / Beans<br>         | Cheese / Tuna / Beans<br>                          | Cheese / Tuna / Beans<br>                                                                                                  |
| Dessert                              |   | Orange Drizzle Cake<br>                   | Raspberry Crunch With Custard<br> | Summer Fruit Flapjack<br>      | Victoria Sponge Slice<br>                        | Sultana Shortbread Biscuit<br>                                                                                           |
| Snack Bar                            |   | Panini<br>                                | Panini<br>                        | Panini<br>                     | Panini<br>                                       | Panini<br>                                                                                                               |
| Pasta Bar                            |   | Tomato & Basil<br>                        | Bolognese Tomato & Pesto<br>      | Spicy Chicken Tomato Basil<br> | Meatballs in Tomato Sauce<br>Arrabiata Sauce<br> | Tomato & Basil<br>                                                                                                       |

| Week 2                            |   |                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
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|                                   |   | Monday                                                                                                                                                                                                                                                                                                                                                                           | Tuesday                                                                                                                                                                                                                                                                                                                                                                         | Wednesday                                                                                                                                                                                                                                                                                                                                                                    | Thursday                                                                                                                                                                                                                                                                                                                                                          | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Main Course                       | 1 | Chicken Tikka Masala with Brown Rice & Naan<br>                                                                                                                                                                | Chilli Beef Enchiladas With Garlic Wedges<br>                                                                                                                                                                | Marinated Pork Loin Chop with Roast Potatoes<br>                                                                                                                                                                                                                                          | Bang Bang Chicken with Brown Coconut Rice<br>                                                                                                                                                                                                                                  | Oven Baked Fishcake & Chips with Lemon & Tartare Sauce<br>    <br>Cheese Topped Beef Burger & Chips Served with Lettuce and Tomato |
|                                   | 2 | Vegetable Chilli With Rice and Nachos<br>    | Veggie Lasagne<br>                         | Roasted Red Pepper Quiche<br>    | Sweet & Sour Tofu with Brown Coconut Rice<br>                                                            | Oven Baked Quorn Southern style Burger & Chips<br>                                                                                                                                                                                                                                                                                                                                          |
| Vegetable Choices                 |   | Broccoli / Green Beans                                                                                                                                                                                                                                                                                                                                                           | Green Salad / Coleslaw                                                                                                                                                                                                                                                                       | Buttered Cabbage and Leek / Carrots                                                                                                                                                                                                                                                                                                                                          | Sweetcorn / Broccoli                                                                                                                                                                                                                                                                                                                                              | Baked Beans / Peas                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Jacket Potatoes                   | 3 | Jacket Potatoes                                                                                                                                                                                                                                                                                                                                                                  | Jacket Potatoes                                                                                                                                                                                                                                                                                                                                                                 | Jacket Potatoes                                                                                                                                                                                                                                                                                                                                                              | Jacket Potatoes                                                                                                                                                                                                                                                                                                                                                   | Jacket Potatoes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Fillings please choose one choice |   | Cheese/Tuna/Beans<br>                                                                                                         | Cheese/Tuna/Beans<br>                                                                                                       | Cheese/Tuna/Beans<br>                                                                                               | Cheese/Tuna/Beans<br>                                                                                    | Cheese/Tuna/Beans<br>                                                                                                                                                                                                                                                                                    |
| Dessert                           |   | Apple & Cherry Crumble with Custard<br>                                                                                     | Forest Fruit Flapjack<br>                                                                                                 | Jaffa Shortbread<br>            | Mango Yogurt Fool Fruit Salad<br>                                                                                                                                                          | Blueberry Lemon Cupcakes<br>                                                                                                                                                                                                                                                                                                                                                               |
| Snack Bar                         |   | Panini<br>                           | Panini<br>                         | Panini<br>               | Panini<br>    | Panini<br>                                                                                                                                                                                                    |
| Pasta Bar                         |   | Tomato & Basil<br>                                                                                                      | Bolognese<br>Tomato & Pesto<br>    | Spicy Piri Piri Chicken<br>Tomato & Basil<br>                                                                 | BBQ Pork<br>Arrabiata<br>                                                                                                                                                               | Tomato & Basil<br>                                                                                                                                                                                                                                                                                                                                                                      |

| Week 3                               |   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
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|                                      |   | Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Thursday                                                                                                                                                                                                                                                                                                                                                                                        | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Main Course                          | 1 | Fakeway Nando's Style Chicken With Portuguese Rice<br>                                                                                                                                                                                                                                                                                                                                                                                                                | Sausage, Yorkshire Pudding, Mash & Gravy<br>     | Lemon Herb Marinated Chicken Breast with Roast Potatoes stuffing&Gravy<br>                                                                                                                                                                                                             | Minced Beef & Vegetable Pie with New Potatoes<br>                                                                                      | Oven Baked Fish Finger Bap & Chips With Lemon & Tartare Sauce<br>Chicken Goujons & Chips<br>      |
|                                      | 2 | Mushroom & Spinach with Dan Dan Noodles<br>      | Vegetable Sausage, Yorkshire Pudding, Mash & Gravy<br>                                                                              | Roasted Pepper Topped with Halloumi<br>                                                                                                                                                             | Spinach Ricotta Enchiladas with Crusty Bread<br>    | Aromatic Garden Burgers and Chips<br>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Vegetable Choices                    |   | Macho Pea & Sweetcorn                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Broccoli & Cauliflower                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Roast Potatoes / Sprouts / Carrots                                                                                                                                                                                                                                                                                                                                                                                                                           | Green Vegetable Medley                                                                                                                                                                                                                                                                                                                                                                          | Baked Beans & Peas                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Jacket Potatoes                      | 3 | Jacket Potatoes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Jacket Potatoes                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Jacket Potatoes                                                                                                                                                                                                                                                                                                                                                                                                                                              | Jacket Potatoes                                                                                                                                                                                                                                                                                                                                                                                 | Jacket Potatoes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Fillings<br>Please choose one choice |   | Cheese/Tuna/Beans<br>                                                                                                                                                                                                                                                                            | Cheese/Tuna/Beans<br>                                                                                                                                                                                             | Cheese/Tuna/Beans<br>                                                                                                                                                                            | Cheese/Tuna/Beans<br>                                                                                                               | Cheese/Tuna/Beans<br>                                                                                                                                                                                                                                                                                                                                   |
| Dessert                              |   | Cherry Shortbread<br>                                                                                                                                                                                                                                                                         | Apple & Blackberry Crumble with Custard<br>                                                                                                                                                                    | Carrot Cake<br>     | Raspberry Trifle Fruit salad<br>                                                                                                 | Banana Cupcakes<br>                                                                                                                                                                                                                                                                                                                                  |
| Snack Bar                            |   | Panini<br>                                                                                                                                                                                                 | Panini<br>                                                                                                                | Panini<br>                                                                                               | Panini<br>                                  | Panini<br>                                                                                                                                                                                                                                                      |
| Pasta Bar                            |   | Tomato & Basil<br>                                                                                                                                                                                                                                                                            | Bolognese Tomato & Pesto<br>                                                                                               | Turkey Spicy Sauce Tomato & Basil<br>                                                                                                                                                         | Chicken Tikka Arrabiata Sauce<br>                                                                                                                                                                                     | Tomato & Basil<br>                                                                                                                                                                                                                                                                                                                                                                                                                        |

**KEY**  
Any Dietary requirements please contact the kitchen

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|----------------------------------------------------------------------------------|--------------------------|-------------------------------------------------------------------------------------|--------------------|
|  | Contains Celery          |  | Contains Mustard   |
|  | Contains Dairy           |  | Contains Onion     |
|  | Contains Eggs            |  | Contains Soya      |
|  | Contains Fish            |  | Contains Sulphates |
|  | Contains Gluten          |  | Vegan              |
|  | Suitable for Gluten Free |  | Vegetarian         |
|  | Contains Sesame          |                                                                                     |                    |