

# WEEK ONE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## OPTION

#1

## OPTION

#2

## ON THE SIDE

## DESSERT OF THE DAY

**MAC & CHEESE**  
With Crunchy Topping

**CHEFS SPECIAL CURRY OF THE DAY**

**PORK SAUSAGE**  
With Mashed Potatoes And Gravy

**CHICKEN KORMA**  
With Rice

**BREADED FISH**  
With Chips & Garden Peas

**QUORN & VEGETABLE CHOW MEIN**

**CHEFS SPECIAL VEGETARIAN CURRY OF THE DAY**

**VEGAN SAUSAGE**  
Mashed Potatoes and Gravy

**SWEET POTATO & CHICKPEA CURRY**  
With Rice

**QUORN NUGGETS**  
With Chips and Garden Peas

Vegetables of the Day

Vegetables of the Day

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Vegetables of the Day

**PINEAPPLE UPSIDE DOWN CAKE**

**CHOCOLATE CRUNCH CAKE**

**STICKY TOFFEE APPLE CRUMBLE**  
With Custard

**WARMED JAMAICAN GINGER CAKE**  
with Ice Cream or Custard

**ICED SPONGE CAKE**

## ALSO AVAILABLE!

**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

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## OPTION #1

## OPTION #2

## ON THE SIDE

## DESSERT OF THE DAY

BEEF CHILLI & RICE

ROASTED VEGETABLE PASTA BAKE

Vegetables of the Day

CHOCOLATE SPONGE PUDDING

SPICE & RICE

NEW CHEFS SPECIAL CURRY OF THE DAY

CHEF SPECIAL VEGETARIAN CURRY

Vegetables of the Day

APPLE PIE With Cream

CHICKEN ENCHILADAS With Rice

QUORN & BLACK BEAN FAJITAS With Rice

Vegetables of the Day

PEAR & CHOC CRUMBLE With Custard

SPICE & RICE

CHICKEN KORMA with Rice & Sambals

BUTTERNUT & CHICKPEA CURRY WITH RICE

Vegetables of the Day

JAM & COCONUT SPONGE

FISH IN BATTER With CHIPS

VEGAN BURGER with Chips

Vegetables of the Day

DATY FLAPJACK

ALSO AVAILABLE!  
FILLED JACKET POTATOES

CHECK OUT...  
OUR HOT AND COLD  
GRAB & GO SELECTION

MENU KEY  
VEGAN OPTION  
ADDED PLANT PROTEIN  
SOURCE OF WHOLEMEAL

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# WEEK THREE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

OPTION  
#1

OPTION  
#2

ON THE  
SIDE

DESSERT OF  
THE DAY

CHEESY CHILLI  
CHICKEN  
PASTA

SPAGHETTI &  
PLANT BASED  
MEATBALLS

Vegetables of the  
Day

CHOC ORANGE  
SPONGE

SPICE  
& RICE  
NEW  
CHEFS SPECIAL  
CURRY OF THE DAY

CHEF SPECIAL  
VEGETARIAN  
CURRY

Vegetables of the  
Day

SUMMER FRUIT  
CRUMBLE  
With Custard

ROAST OF  
THE DAY  
Roast Potatoes &  
Gravy

LEEK, ONION &  
POTATO  
BAKE  
Potatoes & Gravy

Vegetables of the  
Day

CARROT CAKE  
With Custard

SPICE  
& RICE  
CHICKEN  
KORMA  
With Rice  
& Sambals

POTATO &  
SPINACH TIKKA  
MASALA  
With Rice

Vegetables of the  
Day

PEACH CAKE  
With Custard

CHIP SHOP  
FISH / SAUSAGE  
with Chips, Mushy  
Peas and Gravy/  
Curry Sauce

VEGAN  
SAUSAGE  
Chips, Mushy Peas  
& Gravy/  
Curry Sauce

Vegetables of the  
Day

CHOCOLATE  
BROWNIE

ALSO AVAILABLE!  
FILLED JACKET POTATOES

CHECK OUT...  
OUR HOT AND COLD  
GRAB & GO SELECTION

MENU KEY  
VEGAN OPTION  
ADDED PLANT  
PROTEIN  
SOURCE OF  
WHOLEMEAL

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