

WEEK 1 MENU

CHOICE One

CHOICE Two

GRAB & GO options

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

HOT DISHES:

Paninis
Noodle & Rice Bar
Pasta and Sauces
Freshly Baked Pizza

Jacket Potato and Toppings

SALADS:

Selection of Freshly Made Salad

SANDWICHES/BAGUETTES:

Selection of Freshly made Baguettes, Sandwiches & Wraps

WRAPS:

Pepper and Houmous Wrap ✓ 🌱
Tuna Crunch Wrap 🌱
Love Joe's Mexican Burrito 🌱

♥ Nutritionist's Choice ✓ Vegetarian 🐟 Oily fish 🌱 Wholegrain H Halal

Our menu is subject to change.

WEEK 2 MENU

CHOICE One

CHOICE Two

GRAB & GO options

	MEAT FREE MONDAY	MEAT FREE MONDAY
MON	Chickpea and Vegetable Jalfrezi   with Wholegrain Rice 	Vegetable Chow Mein 
	PAN-ASIAN	PAN-ASIAN
TUE	Mandarin Chicken  Served with Wholegrain Rice, Peas and Crunchy Slaw	Vegetable Donburi  Served with Peas and Crunchy Slaw
	HOT DELI	HOT DELI
WED	Roast Chicken and Stuffing Baguette Served with Chipotle Wedges, Coleslaw and Sweetcorn	Korean BBQ Quorn Sub  Served with Chipotle Wedges, Coleslaw and Sweetcorn
	LOADED NACHOS	LOADED NACHOS
THUR	Chilli Con Carne Nachos  Served with Mixed Salad and Salsa	Chilli No Carne Nachos   Served with Mixed Salad and Salsa
22222	FRIDAY FAVOURITES	FRIDAY FAVOURITES
FRI	Fish & Chips Served with Chips, Baked Beans and Peas	Cheese and Onion Pasty  Served with Chips, Baked Beans and Peas

- HOT DISHES:**
- Paninis
 - Noodle & Rice Bar
 - Pasta and Sauces
 - Freshly Baked Pizza
 - Jacket Potato and Toppings
- SALADS:**
- Selection of freshly made Salads
- SANDWICHES/BAGUETTES:**
- Selection of freshly made:
 - Sandwiches
 - Baguettes
- WRAPS:**
- Pepper and Houmous Wrap  
 - Tuna Crunch Wrap 
 - Chicken Joe's Mexican Wrap 

WEEK 3 MENU

CHOICE One

CHOICE Two

GRAB & GO options

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

HOT DISHES:

Paninis

Noodle & Rice Bar
Pasta and Sauces
Freshly Baked Pizza

Jacket Potato and Toppings

SALADS:

Selection of freshly made Salads


SANDWICHES/BAGUETTES:

Selection of freshly made:


Sandwiches
Baguettes

WRAPS:

Pepper and Houmous Wrap 

Tuna Crunch Wrap 

Chicken Joe's Mexican Wrap 

 Nutritionist's Choice  Vegetarian  Oily fish  Wholegrain  Halal

Our menu is subject to change.