

# WEEK 1 THIS WEEK'S MENU

	OPTION ONE	OPTION TWO	GRAB & GO
<b>MON</b>	NOODLE BAR	NOODLE BAR	<p><b>HOT DISHES:</b></p> <ul style="list-style-type: none"> <li>Paninis</li> <li>Pasta and Sauces</li> <li>Freshly Baked Pizza</li> <li>Soup and Bread</li> <li>Jacket Potato and Toppings</li> </ul> <p><b>SALADS:</b></p> <ul style="list-style-type: none"> <li>Tuna and Sweetcorn Pasta Salad </li> <li>Pesto Pasta Salad   </li> <li>Chicken &amp; Bacon Pasta Salad</li> </ul> <p><b>SANDWICHES/BAGUETTES:</b></p> <ul style="list-style-type: none"> <li>Tuna &amp; Cucumber Sandwich</li> <li>Chicken Salad Sandwich</li> <li>Cheese and Pickle Baguette </li> <li>Tuna Mayo Baguette</li> <li>BLT Baguette</li> </ul> <p><b>WRAPS:</b></p> <ul style="list-style-type: none"> <li>Pepper and Houmous Wrap </li> <li>Chicken Tikka Wrap</li> <li>Chicken Caesar Wrap</li> </ul>
	<b>SATAY CHICKEN PHO</b>	<b>SPICED VEGETARIAN PHO</b>	
<b>TUE</b>	BURGER BAR	BURGER BAR	
	<b>BEEF BURGER</b> Served with Baked Garlic and Herb Wedges and Corn on the Cob	<b>BEETROOT AND FETA BURGER</b> Served with Baked Garlic and Herb Wedges and Corn on the Cob	
<b>WED</b>			
	<b>ROAST PORK AND STUFFING</b> Served with Roast Potatoes, Vegetables and Gravy	<b>ROAST QUORN</b> Served with Roast Potatoes, Vegetables and Gravy	
<b>THURS</b>		STREET	
	<b>CHILLI CON CARNE</b> Served with Wholegrain Rice	<b>MACARONI CHEESE</b>	
<b>FRI</b>	FRIDAY FAVOURITES	FRIDAY FAVOURITES	
	<b>BATTERED FISH</b> Served with Chips, Baked Beans and Peas	<b>VEGGIE BURGER</b> Served with Chips, Baked Beans and Peas	

Vegetarian 
 Vegan 
 Oily Fish 
 Wholegrain 
 Nutritionist's Choice  
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# WEEK 2 THIS WEEK'S MENU

	OPTION ONE	OPTION TWO	GRAB & GO
<b>MON</b>	SPICE IS NICE	SPICE IS NICE	<p><b>HOT DISHES:</b></p> <ul style="list-style-type: none"> <li>Paninis</li> <li>Pasta and Sauces</li> <li>Freshly Baked Pizza</li> <li>Soup and Bread</li> <li>Jacket Potato and Toppings</li> </ul> <p><b>SALADS:</b></p> <ul style="list-style-type: none"> <li>Tuna and Sweetcorn Pasta Salad </li> <li>Pesto Pasta Salad  </li> <li>Chicken &amp; Bacon Pasta Salad</li> </ul> <p><b>SANDWICHES/BAGUETTES:</b></p> <ul style="list-style-type: none"> <li>Tuna &amp; Cucumber Sandwich</li> <li>Chicken Salad Sandwich</li> <li>Cheese and Pickle Baguette </li> <li>Tuna Mayo Baguette</li> <li>BLT Baguette</li> </ul> <p><b>WRAPS:</b></p> <ul style="list-style-type: none"> <li>Pepper and Houmous Wrap </li> <li>Chicken Tikka Wrap</li> <li>Chicken Caesar Wrap</li> </ul>
	<b>CHICKEN TIKKA RICE BOX</b>	<b>SPINACH AND CHICKPEA DAHL</b>	
<b>TUE</b>	TEX MEX	TEX MEX	
	<b>MEXICAN BEEF ENCHILADA</b> Served with Baked Garlic and Herb Wedges and Tex Mex Vegetables	<b>VEGETABLE FAJITA</b>	
<b>WED</b>			
	<b>ROAST CHICKEN</b> Served with Roast Potatoes, Vegetables and Gravy	<b>ROAST QUORN</b>	Served with Roast Potatoes, Vegetables and Gravy
<b>THURS</b>			
	<b>COTTAGE PIE</b> Served with Vegetables and Gravy	<b>VEGETARIAN COTTAGE PIE</b>	Served with Vegetables and Gravy
<b>FRI</b>	FRIDAY FAVOURITES	FRIDAY FAVOURITES	
	<b>SOUTHERN FRIED CHICKEN GOUJONS</b> Served with Chips, Baked Beans and Peas	<b>CHEESE AND ONION SLICE</b>	Served with Chips, Baked Beans and Peas

# WEEK 3 THIS WEEK'S MENU

	OPTION ONE	OPTION TWO	GRAB & GO
<b>MON</b>	FEASTIVAL	FEASTIVAL	<p><b>HOT DISHES:</b></p> <ul style="list-style-type: none"> <li>Paninis</li> <li>Pasta and Sauces</li> <li>Freshly Baked Pizza</li> <li>Soup and Bread</li> <li>Jacket Potato and Toppings</li> </ul> <p><b>SALADS:</b></p> <ul style="list-style-type: none"> <li>Tuna and Sweetcorn Pasta Salad </li> <li>Pesto Pasta Salad  </li> <li>Chicken &amp; Bacon Pasta Salad</li> </ul> <p><b>SANDWICHES/BAGUETTES:</b></p> <ul style="list-style-type: none"> <li>Tuna &amp; Cucumber Sandwich</li> <li>Chicken Salad Sandwich</li> <li>Cheese and Pickle Baguette </li> <li>Tuna Mayo Baguette</li> <li>BLT Baguette</li> </ul> <p><b>WRAPS:</b></p> <ul style="list-style-type: none"> <li>Pepper and Houmous Wrap </li> <li>Chicken Tikka Wrap</li> <li>Chicken Caesar Wrap</li> </ul>
	<b>JERK CHICKEN BURGER</b> Served with Baked Spiced Wedges and Mixed Salad	<b>TIGER BHAJI BURGER</b> Served with Baked Spiced Wedges and Mixed Salad	
<b>TUE</b>	PAN-ASIAN	PAN-ASIAN	
	<b>MANDARIN BBQ PORK</b> Served with Pineapple Rice and Nut Free Satay Sweetcorn	<b>SWEET AND SOUR VEGETABLES</b> Served with Pineapple Rice and Nut Free Satay Sweetcorn	
<b>WED</b>			
	<b>ROAST GAMMON</b> Served with Roast Potatoes, Vegetables and Gravy	<b>ROAST QUORN</b> Served with Roast Potatoes, Vegetables and Gravy	
<b>THURS</b>	STREET	STREET	
	<b>FIRECRACKER BEEF</b>	<b>TERIYAKI VEGETARIAN WRAP</b> Served with Wholegrain Rice	
<b>FRI</b>	FRIDAY FAVOURITES	FRIDAY FAVOURITES	
	<b>BATTERED FISH</b> Served with Chips, Baked Beans and Peas	<b>VEGETABLE GOUJONS</b> Served with Chips, Baked Beans and Peas	

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