

WEEK 1 THIS WEEK'S MENU

	OPTION ONE	OPTION TWO	GRAB & GO
MON	NOODLE BAR	NOODLE BAR	HOT DISHES: Paninis Pasta and Sauces Freshly Baked Pizza Soup and Bread Jacket Potato and Toppings SALADS: Tuna and Sweetcorn Pasta Salad ♥ Pesto Pasta Salad 🌿♥ Roasted Indian Chickpea Salad 🌿♥ SANDWICHES/BAGUETTES: Egg Salad Sandwich 🌿 Chicken Salad Sandwich Cheese and Pickle Baguette 🌿 Tuna Mayo Baguette BLT Baguette WRAPS: Pepper and Houmous Wrap 🌿 BBQ Chicken Wrap Chicken Caesar Wrap
	SATAY CHICKEN PHO ♥	SPICED VEGETARIAN PHO 🌿♥	
TUE	BURGER BAR	BURGER BAR	
	BEEF BURGER Served with Baked Garlic and Herb Wedges and Corn on the Cob	BEETROOT AND FETA BURGER 🌿♥ Served with Baked Garlic and Herb Wedges and Corn on the Cob	
WED	HOT DELI	HOT DELI	
	SPICY VIETNAMESE CHICKEN BANH MI BUN ♥	STICKY BBQ QUORN PITTA 🌿	
THURS			
	CHILLI CON CARNE ♥🌿 Served with Wholegrain Rice	VEGETARIAN SAUSAGE AND MASH 🌿 Served with Vegetables and Gravy	
FRI	FRIDAY FAVOURITES	FRIDAY FAVOURITES	
	BATTERED FISH Served with Chips, Baked Beans and Peas	VEGGIE BURGER 🌿 Served with Chips, Baked Beans and Peas	

🌿 Vegetarian 🌿🌿 Vegan 🐟 Oily Fish 🌾 Wholegrain ♥ Nutritionist's Choice
 Our menu is subject to change.

WEEK 2 THIS WEEK'S MENU

	OPTION ONE	OPTION TWO	GRAB & GO
MON	SPIKE IS NICE	SPIKE IS NICE	HOT DISHES: Paninis Pasta and Sauces Freshly Baked Pizza Soup and Bread Jacket Potato and Toppings SALADS: Tuna and Sweetcorn Pasta Salad ♥ Pesto Pasta Salad 🌿♥ Roasted Indian Chickpea Salad 🌿♥ SANDWICHES/BAGUETTES: Egg Salad Sandwich 🌿 Chicken Salad Sandwich Cheese and Pickle Baguette 🌿 Tuna Mayo Baguette BLT Baguette WRAPS: Pepper and Houmous Wrap 🌿 BBQ Chicken Wrap Chicken Caesar Wrap
	CHICKEN TIKKA RICE BOX	SPINACH AND CHICKPEA DAHL 🌿♥ Served with Yellow Rice	
TUE	TEX MEX	TEX MEX	
	MEXICAN BEEF ENCHILADA Served with Baked Garlic and Herb Wedges and Tex Mex Vegetables	VEGETABLE FAJITA 🌿♥ Served with Baked Garlic and Herb Wedges and Tex Mex Vegetables	
WED			
	ROAST CHICKEN Served with Roast Potatoes, Vegetables and Gravy	ROAST QUORN 🌿 Served with Roast Potatoes, Vegetables and Gravy	
THURS			
	COTTAGE PIE ♥ Served with Vegetables and Gravy	VEGETARIAN COTTAGE PIE ♥ 🌿 Served with Vegetables and Gravy	
FRI	FRIDAY FAVOURITES	FRIDAY FAVOURITES	
	SOUTHERN FRIED CHICKEN GOUJONS Served with Chips, Baked Beans and Peas	CHEESE AND ONION SLICE 🌿 Served with Chips, Baked Beans and Peas	

WEEK 3 THIS WEEK'S MENU

	OPTION ONE	OPTION TWO	GRAB & GO
MON	FEASTIVAL	FEASTIVAL	HOT DISHES: Paninis Pasta and Sauces Freshly Baked Pizza Soup and Bread Jacket Potato and Toppings SALADS: Tuna and Sweetcorn Pasta Salad ♥ Pesto Pasta Salad 🌱 V ♥ Roasted Indian Chickpea Salad V ♥ SANDWICHES/BAGUETTES: Egg Salad Sandwich V Chicken Salad Sandwich Cheese and Pickle Baguette V Tuna Mayo Baguette BLT Baguette WRAPS: Pepper and Houmous Wrap V BBQ Chicken Wrap Chicken Caesar Wrap
	JERK CHICKEN BURGER Served with Baked Spiced Wedges and Mixed Salad	TIGER BHABI BURGER V ♥ Served with Baked Spiced Wedges and Mixed Salad	
TUE	PAN-ASIAN	PAN-ASIAN	
	MANDARIN BBQ PORK 🌱 Served with Pineapple Rice and Nut Free Satay Sweetcorn	SWEET AND SOUR VEGETABLES V 🌱 ♥ Served with Pineapple Rice and Nut Free Satay Sweetcorn	
WED	HOT DELI	HOT DELI	
	PERSIAN CHICKEN KEBAB Served with Herby Diced Potatoes and Mixed Salad	STICKY BBQ PITTA V Served with Herby Diced Potatoes and Mixed Salad	
THURS	STREET	STREET	
	FIRECRACKER BEEF	TERIYAKI VEGETARIAN WRAP V 🌱 ♥ Served with Wholegrain Rice	
FRI	FRIDAY FAVOURITES	FRIDAY FAVOURITES	
	BATTERED FISH Served with Chips, Baked Beans and Peas	VEGETABLE GOUJONS V Served with Chips, Baked Beans and Peas	