

**SEASONAL
VEGETABLES**
with
**MAIN COURSE
OPTIONS**

WEEK ONE *menu*



Monday

Tuesday

Wednesday

Thursday

Friday

MAINS

LAMB KOFTA &
MIXED SALAD PITTA

TACO TUESDAY
CRUNCHY TACO
WITH BEEF, SALAD
AND CHEESE

BBQ CHICKEN
WRAP

ROAST TURKEY,
ROAST POTATOES &
GRAVY

TRADITIONAL FISH &
CHIPS

VEGETARIAN

MAC 'N' CHEESE
AND GARLIC BREAD

TACO TUESDAY
CRUNCHY TACO
WITH BBQ QUORN,
SALAD AND CHEESE

JACKET POTATO
WITH BAKED BEANS,
GRATED CHEESE OR
VEGETABLE CHILLI

MIXED BEAN &
VEGETABLE BURITTO

STIR FRIED
VEGETABLE NOODLES

SELECTION OF
BAGUETTES &
WRAPS

DESSERTS

CHOCOLATE SPONGE
AND SAUCE
FRUIT & YOGHURT
BAR

LEMON DRIZZLE
CAKE
FRUIT & YOGHURT
BAR

BANANA CAKE AND
CUSTARD
FRUIT & YOGHURT
BAR

PANCAKES WITH
FRUIT COMPOTE
FRUIT & YOGHURT
BAR

MIXED BERRY
MOUSSE
FRUIT & YOGHURT
BAR

Our mission is to make your lunchtime meal the highlight of your day

92% of our food is made from fresh ingredients every day • The meat we serve is Red Tractor, Farm Assured British accredited • All of our fish is from sustainable sources • All of our eggs are free range laid by happy chickens • We bake our bread daily in your kitchen

SOME OF OUR FOOD MAY CONTAIN ALLERGENS, PLEASE ASK OUR CHEF FOR ADVICE



**SEASONAL
VEGETABLES**
with
**MAIN COURSE
OPTIONS**

WEEK TWO *menu*



Monday

Tuesday

Wednesday

Thursday

Friday

MAINS

MEAT FEAST
PIZZA

TEXAN CHICKEN
WITH
POTATO WEDGES &
'SLAW

JUMBO DOG WITH
CHEESE

ROAST CHICKEN,
ROAST POTATOES &
GRAVY

BATTERED FISH &
CHIPS WITH TOMATO
KETCHUP

VEGETARIAN

FOUR CHEESE
CAULIFLOWER
& BROCCOLI BAKE

VEGETABLE STIR
FRY
AND RICE

ROASTED VEGETABLE
LASAGNE WITH
GARLIC BREAD

VEGETARIAN
QUESADILLAS

PASTA TWIRLS WITH
CHEESE SAUCE &
MIXED SALAD

SELECTION OF
BAGUETTES &
WRAPS

DESSERTS

CHOCOLATE
BROWNIE
FRUIT & YOGHURT
BAR

APPLE SPONGE
PUDDING WITH
CUSTARD
FRUIT & YOGHURT
BAR

BERRY MUFFIN
FRUIT & YOGHURT
BAR

BANOFFEE PIE
FRUIT & YOGHURT
BAR

STRAWBERRY
CHEESECAKE
FRUIT & YOGHURT
BAR

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VEGETABLES**
with
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OPTIONS**

WEEK THREE *menu*



Monday

Tuesday

Wednesday

Thursday

Friday

MAINS

SPAGHETTI
BOLOGNESE

BEEF BURGER IN A
BUN WITH LETTUCE,
& TOMATO

STICKY CHICKEN
WITH
RICE & PEAS

ROAST BEEF, ROAST
POTATOES &
YORSHIRE PUDDING

TRADITIONAL FISH
AND CHIPS

VEGETARIAN

CHEESE AND
TOMATO PIZZA SLICE

ROASTED VEGETABLE
PASTA IN A BASIL
PESTO SAUCE

JACKET POTATO
WITH VEGETABLE
CURRY OR GRATED
CHEESE

ROASTED QUORN
FILLET, ROAST
POTATOES &
YORSHIRE PUDDING

MIXED BEAN &
CHEESE FAJITAS

SELECTION OF
BAGUETTES &
WRAPS

DESSERTS

STICKY TOFFEE
PUDDING AND
SAUCE
FRUIT & YOGHURT
BAR

CARROT CAKE
FRUIT & YOGHURT
BAR

ICE CREAM & MIXED
BERRY SAUCE
FRUIT & YOGHURT
BAR

BAKEWELL TART
FRUIT & YOGHURT
BAR

ORANGE AND
LEMON MUFFIN
FRUIT & YOGHURT
BAR

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