



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Meat Main	Spaghetti bolognaise with salad	Baked chicken 'Parmigiana' with paprika potatoes & seasonal vegetable	Pork sausages with mashed potatoes, roast carrots & pan gravy	Sweet and sticky Vietnamese chicken served with sweetcorn and rice	Oven baked Breaded Catch of the Day with chipped potatoes & garden peas
Vegetarian Main	Lentil and tomato Ragù with whole wheat penne pasta and salad	Vegetarian Sausages Yorkshire pudding Paprika potatoes & garden peas	Veggie cottage pie with a sweet potato top, carrots & pan gravy	Squash, chick pea and coconut curry with rice & naan bread	Oven baked Vegetable burger in a bun served with chipped potatoes and peas
Dessert of the Day	Vegetarian strawberry jelly or fruit pot	Fresh fruit salad	Yoghurt pot or fresh fruit pot	Lemon drizzle cake or fresh fruit salad pot	Selection of cakes, yogurts or fresh fruit pot
Grab 'n' Go	Chicken tikka in a folded naan with salad	Beef burritos	Pasta pot with a tomato and basil sauce	Pulled pork in a brioche bun served with salad	Chilli beef pot served with rice
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Meat Main	Macaroni cheese with ham Served with home made herby bread and green beans	Chicken chow Mein served with Chinese vegetables	Roast Turkey Roast potatoes, cauliflower and pan gravy	Beef lasagne served with salad or vegetables	Baked Southern style chicken burger Served in a bun with chipped potatoes & peas
Vegetarian Main	Macaroni cheese served with home made herby bread and green beans	Bean chilli served with brown rice, sour cream and salad	Vegetable wellington, Roast potatoes & carrots & pan gravy	Haloumi and roasted veg flat bread served with new potatoes, mint dressing and mixed leaf salad	Meatless succulent sausage hot dog with chips & peas
Dessert of the Day	Chocolate & pear sponge with chocolate sauce	Yoghurt pot or fruit pot	Chocolate mousse or fresh fruit pot	Berry crumble with custard	Selection of cakes, yoghurt or fresh fruit salad
Grab 'n' Go	Chicken katsu curry with rice	cheese panini with salad	Sweet chilli vegetable egg noodle pot	Bbq chicken in a brioche bun	Mediterranean chicken with rice

Our menu provides a variety of dishes made from quality ingredients, cooked onsite for the optimum taste experience

A selection of sandwiches, baguettes and Jacket Potatoes are offered daily in addition to the main meals



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Meat Main	Teriyaki chicken skewers served with rice and salad	Cottage pie served with seasonal vegetables	Cajun spiced turkey fillet with herby new potatoes and sweetcorn	Beef and tomato pesto pasta served with salad	Baked panko coated fish cakes served with chipped potatoes and peas
Vegetarian Main	Roast vegetable whole wheat pasta bake topped with cheese served with salad	Carrot and bean pie served with mash and seasonal vegetables and gravy	Quorn meatloaf served with sweetcorn, herby new potatoes and gravy	Winter vegetable stew served with brown rice	Bean burger with chipped potatoes, peas and salsa
Dessert of the Day	Cheesecake or fresh fruit pots	Vanilla ice cream	Layered fruit yogurt or fresh fruit pot	Jam sponge & custard or fresh fruit pot	Selection of cakes, yogurts or fresh fruit pot
Grab 'n' Go	Beef bolognaise pasta pot	Slow roasted pork and apple flat bread served with salad	Ham and cheese panini served with Salad	Macaroni pasta pot	Peri Peri chicken rice pot
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Meat Main	Chicken pasta bake topped with cheese served with salad	Steak pie with mash potatoes and seasonal vegetables	Sausage meatballs in a tomato sauce with brown rice and broccoli	Roast chicken Roast potatoes, carrots and onion gravy	Burger in a Bun Chipped potatoes, peas or coleslaw
Vegetarian Main	Roasted squash lasagne Served with salad	Sweet butternut and chick pea patty served with mash and seasonal veg	Vegetarian egg noodles with Chinese vegetables and hoi sin sauce	Home made cheesy vegetable puff, roast potatoes, carrots and gravy	Veggie Glamorgan sausages with chipped potatoes and beans or peas
Dessert of the Day	Carrot cake with custard or fresh fruit pot	Peach tart	Apple pie served with custard or fresh fruit pot	Strawberry jelly or fresh fruit pot	Selection of cakes, yogurts or fresh fruit pot
Grab 'n' Go	Chinese five spiced pork with rice	Creamy tomato pasta pot	Baked crunchy chicken wrap served with pesto mayo and salad	Mexican beef and rice pot	Fish burger in a bun with tartare sauce

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