

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	Vegetarian Bolognese  Served with Wholewheat Pasta and Side Salad
	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 Served 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	Southern Fried Chicken Goujons Served with Chips, Baked Beans and Peas	Quorn Sausage Roll  Served with Chips, Baked Beans and Peas

HOT DISHES:

Paninis
Pasta and Sauces
Freshly Baked Pizza

Jacket Potato and Toppings

SALADS:

Tuna and Sweetcorn Pasta Salad
Pesto Pasta Salad  
Roasted Indian Chickpea Salad  

SANDWICHES/BAGUETTES:

Ham and Cheese Sandwich
Chicken Salad Sandwich
Cheese Baguette 
Tuna Mayo Baguette
BLT Baguette

WRAPS:

Pepper and Houmous Wrap  
BBQ Chicken Wrap 
Chicken Caesar Wrap 

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	FAVOURITES
THUR	Chilli Con Carne Nachos  Served with Mixed Salad and Salsa	Vegetarian Cottage Pie  Served with Peas and Gravy
	FRIDAY FAVOURITES	FRIDAY FAVOURITES
FRI	Battered Fish Served with Chips, Baked Beans and Peas	Cheese and Onion Pasty  Served with Chips, Baked Beans and Peas

HOT DISHES:

Paninis
Pasta and Sauces
Freshly Baked Pizza

Jacket Potato and Toppings

SALADS:

Tuna and Sweetcorn Pasta Salad
Pesto Pasta Salad  
Roasted Indian Chickpea Salad  

SANDWICHES/BAGUETTES:

Ham and Cheese Sandwich
Chicken Salad Sandwich
Cheese Baguette 
Tuna Mayo Baguette
BLT Baguette

WRAPS:

Pepper and Houmous Wrap  
BBQ Chicken Wrap 
Chicken Caesar 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	Macaroni Cheese with Chipotle Sweetcorn  Served with Roasted Beetroot and Chickpea Salad and Crispy Onions
	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 Served 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	Southern Fried Chicken Goujons Served with Chips, Baked Beans and Peas	Vegetable Fajita   Served with Chips, Baked Beans and Peas

HOT DISHES:

Paninis
Pasta and Sauces
Freshly Baked Pizza

Jacket Potato and Toppings

SALADS:

Tuna and Sweetcorn Pasta Salad
Pesto Pasta Salad  
Roasted Indian Chickpea Salad  

SANDWICHES/BAGUETTES:

Ham and Cheese Sandwich
Chicken Salad Sandwich
Cheese Baguette 
Tuna Mayo Baguette
BLT Baguette

WRAPS:

Pepper and Houmous Wrap  
BBQ Chicken Wrap 
Chicken Caesar Wrap 