



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SANDWICH	Griddled beef burger in brioche roll, cheese & tomato chutney, fries & red cabbage slaw	½ Roast chicken, ranch sauces, cheesy nachos, chilli chips (gf)	Roast topside of beef in a baguette with salad, mustard mayo, roast potatoes	Pulled BBQ pork burrito, cheesy nachos and salsa, BBQ beans & chilli chips	Chicken schwarma in pitta pocket, hummus, chilli roast potatoes, shredded carrot & onions
DAILY SPECIALS	Pie day	Fish day	Lasagne day	Roast day	Chip shop day
	Steak & ale pie Shepherd's pie with root veg topping	SE African BBQ salmon Smoked mackerel in lemon and herb butter (gf)	Chicken, spinach & tomato	Roast Chicken Breast, Chipolata & Stuffing Balls	Battered cod Battered jumbo sausage
GREEN AND GO	Spiced vegetable & lentil dahl with roasted halloumi (gf) Mixed bean & butternut squash goulash (gf)	Quorn & bean chilli (gf) Roasted pepper shell filled with cauliflower rice, sultanas & spinach (gf)	Cheese, potato & cauliflower bake(gf) Moroccan style vegetable cake with pickled red cabbage (gf)	Cheese bean & potato Pasty. Sweet potato casserole (gf)	Roasted butternut squash curry (gf) Mediterranean vegetable / Mac 'n' cheese
PASTA	Spinach & ricotta cannelloni (v)	Penne with carbonara sauce	Butternut squash macaroni cheese (v)	Spicy mozzarella & tomato gnocchi (v)	Chilli beef pasta bake with dough balls
PIZZA	3 cheese & onion (v) / Ham & mushroom	Margarita (v) / Roasted pepper & feta	Mushroom (v) / Pepperoni	Plum tomato & basil (v) / Fiery chicken	Mixed pepper (v) / Meatball & mozzarella
SOUP	Tomato & basil (v) (gf) / Ham & lentil(gf)	Cream of mushroom (gf) (v) / Beef goulash (gf)	Roasted butternut squash & chilli (gf) (v) Thai green chicken (gf)	Leek & potato (v)(gf) Spicy beef & tomato(gf)	Garden pea & mint (v)(gf) Cream of chicken & sweetcorn (gf)
STREET FOOD	Havana style roasted chicken thighs	Coconut chilli chicken	South East African BBQ fish	Sri Lankan chicken	Thai sweet & sour vegetables (gf) (v)
NOODLES	Chicken Strips, veg gyoza spring roll	Char sui pork, veg dumplings Satay chicken skewers	Szechuan beef veg gyozas Chilli battered wings	King prawns, Veg dumplings Veg spring rolls	Hoisin duck, veg gyoza Salt & pepper ribs



WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SANDWICH	Fish fingers in a soft brioche roll with spiral fries and mushy peas	Paprika glazed chicken, ranch sauces, cheesy nachos, chilli chips (gf)	Hot roast garlic & rosemary pork loin with crackling	Chilli beef enchiladas, cheesy nachos, chilli chips	Jerk chicken pieces in toasted pitta, salad, chilli chutney
DAILY SPECIALS	Pie day	Fish day	Lasagne day	Roast day	Chip shop day
	Chicken balti / Cottage pie	Thai fishcake, mint yogurt / Hot and spicy creel prawns	Classic beef lasagne	Roast breast of turkey Sausage stuffing	Battered cod Battered jumbo sausage
GREEN AND GO	Roast vegetable cottage pie (gf) / Three bean & chickpea chilli (gf)	Baked aubergine shell with mushroom risotto (gf) / Sweet potato, courgette & coconut curry (gf)	Spiced vegetable moussaka (gf) / Homemade falafel balls with chilli ketchup (gf)	Mushroom & lentil bake (gf) / Tofu steak with soy ginger greens (gf)	Vegetable and apricot tagine (gf) / Tomato, aubergine & spinach lasagne (gf)
PASTA	Penne pasta with pea, basil & mozzarella cheese (v)	Mushroom ravioli, garlic & mushroom sauce (v)	Cheese tortellini in a cheese & chive sauce (v)	Vegetable chilli pasta (v)	Chicken pasta bake
PIZZA	Red onion & sweetcorn (v) Hawaiian	Margarita (v) BBQ chicken	Cheese & mushroom (v) Meat feast	Plum tomato & mozzarella (v) Chorizo and mozzarella	Roast vegetable (v) Pepperoni
SOUP	Vegetable (gf) French onion soup (gf)	Cream of butterbean (gf) Tomato & chicken (gf)	Tomato and basil (gf) Chinese chicken and sweetcorn	Spicy 3 bean (gf) Bacon and butternut (gf)	Super green vegetable (gf) Cream of chicken and bacon (gf)
STREET FOOD	Sweet & sour pork balls	Bulgogi beef	Baked satay cod	Deep fried crispy chilli chicken	Masala chickpea and vegetable curry
NOODLES	Chicken Strips, veg gyoza spring roll	Char sui pork, veg dumplings Satay chicken skewers	Szechuan beef veg gyozas Chilli battered wings	King prawns, Veg dumplings Veg spring rolls	Hoisin duck, veg gyoza Salt & pepper ribs



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SANDWICH	Griddled Lamb Burger Feta Cheese, Tomato & Chilli Houmus, in Brioche Roll with Sauté Potatoes	Piri Piri Chicken (gf) Ranch Sauces, Cheesy Nachos & salsa with Corn on the Cob & Chilli chips	Falafel in Spicy Tomato in a Flatbread with Herby Diced potatoes. Moroccan onions & cherry tomatoes	Chicken & Chorizo Taco Cheesy Nachos & salsa Corn on the Cob Chilli Chips	Thai sesame & chilli vegetables (GF)
DAILY SPECIALS	Pie day Chicken Bacon & Mushroom Pie, Steak thyme & red onion pie	Fish day Cod with Cucumber & Lime Salsa Beer battered fish goujons	Lasagne day Pork, Tomato & Rosemary With Doughballs	Roast day Topside of beef & Yorkshire pudding	Chip shop day Crispy battered cod Jumbo battered sausage
GREEN AND GO	Vegetable and Goats Cheese Tart Cauliflower and Sweet Potato Dhansak (gf)	Vegetable Dahl with Roasted Halloumi (gf) Sweet Potato and Mushroom Casserole (gf)	Curried Potato & Spinach Slice Indian Spiced Vegetable Cake (gf)	Cheddar & Red Onion Pasty Bean and Vegetable Strudel	Green Vegetable Lasagne Portabello Mushroom filled with tomato risotto
PASTA	Spinach & ricotta cannelloni(v)	Pesto penne	Spaghetti bolognese	Pasta Arribiatto(v)	Tomato & chorizo farfalle
PIZZA	Mushroom & pineapple Shredded BBQ pork	Margarita Ham & mushroom	Spinach & ricotta Chilli beef	Plum tomato & basil Meat feast	Mixed peppers Bolognese and mozzarella
SOUP	Sweet potato & sweetcorn(gf) Chinese chicken & noodle	Spinach & broccoli(gf) Beef & barley	Carrot & coriander(gf) Bacon & potato(gf)	Cream of tomato & basil(gf) Chicken mulligatawny(gf)	Roasted tomato & red pepper(gf) Tomato & chorizo
STREET FOOD	Balinese lemongrass BBQ chicken thighs	Chinese chicken curry	Malaysian BBQ salmon	Crispy tamarind chicken	Thai sesame & chilli vegetables (gf)
NOODLES	Chicken Strips, veg gyoza spring roll	Char sui pork, veg dumplings Satay chicken skewers	Szechuan beef veg gyozas Chilli battered wings	King prawns, Veg dumplings Veg spring rolls	Hoisin duck, veg gyoza Salt & pepper ribs



WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SANDWICH	Griddled beef burger in a brioche roll	Moroccan lamb in flat bread	Jumbo hot dog with chilli beef in a hot dog roll	Pulled roasted gammon maple syrup and chilli	Chicken schwarma in a toasted pitta
DAILY SPECIALS	Pie day	Fish day	Lasagne day	Roast day	Chip shop day
	Steak and potato pie Creamy ocean pie with potato and chive topping (gf)	Griddled mackerel (gf) Fisherman's basket	Classic beef & tomato	Roast leg of pork	Crispy battered cod Jumbo battered sausage
GREEN AND GO	Veggie sausage in a Yorkshire pudding / Roasted pepper shell, cauliflower, sultanas & spinach (gf)	Cheese, cauliflower & potato bake (gf) / Mixed bean & butternut goulash (gf)	Wild mushroom and sweet potato stroganoff (gf) / Tofu steak with soy ginger greens	Vegetable & apricot tagine (gf) / Tomato, spinach and aubergine lasagne (gf)	Mushroom and lentil bake (gf) / Three bean and chickpea curry (gf)
PASTA	Four Cheese Tortellini (v)	Chicken and Broccoli Pasta Bake	Spinach & Ricotta Cannelloni (v)	Tomato Basil and Pesto Penne Pasta	Macaroni 4 Cheese Bake (v)
PIZZA	Margarita (v) Chicken & Chorizo	Plum Tomato & Basil (v) BBQ Chicken	Mushroom & Pineapple(v) Spinach & Ricotta	Margarita (v) Meat Ball	Courgette & Mozzarella (v) Meat Feast
SOUP	Potato and Onion (v) gf Spicy Beef & Tomato (gf)	Lentil (v) (gf)	Spicy Tomato and Pepper (v) (gf)	Butternut Squash (v) (gf) Bacon Minestrone (gf)	Vegetable Broth (v) (gf) Irish Stew (gf)
STREET FOOD	African Style Mutton & Sweet Potato Curry (gf)	Crispy Chilli Beef	Mozambican Prawn Noodle	Chinese Sweet & Sour Chicken	Korean Apple Marinated Pork Belly (v)
NOODLES	Chicken Strips, veg gyoza spring roll	Char sui pork, veg dumplings Satay chicken skewers	Szechuan beef veg gyozas Chilli battered wings	King prawns, Veg dumplings Veg spring rolls	Hoisin duck, veg gyoza Salt & pepper ribs