



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SANDWICH	Griddled Lamb Burger Feta Cheese, Tomato & Chilli Hummus, in Brioche Roll with Sauté Potatoes	Southern style chicken in a Brioche roll	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	Fish day	Lasagne day	Roast day	Chip shop day
	Chicken Bacon & Mushroom Pie, Steak thyme & red onion pie	Spicy Seafood Paella Beer battered fish goujons	Pork, Tomato & Rosemary With Dough balls	Topside of beef & Yorkshire pudding	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 Lasagna Portobello 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	Margherita 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 shawarma 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	Margherita (v) Chicken & Chorizo	Plum Tomato & Basil (v) BBQ Chicken	Mushroom & Pineapple(v) Spinach & Ricotta	Margherita (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