



Enjoy

Made Fresh Every Day!

## MONDAY

|             |                                          |
|-------------|------------------------------------------|
| MAIN MEAL   | Kefta Mkaouara Meatballs                 |
| VEGGIE MEAL | Vegetable & Pineapple Kebob              |
| SIDES       | Hot Hot Potatoes, Spicy Slaw & Sweetcorn |
| DESSERT     | Orange Shortbread Biscuit                |

## TUESDAY

|             |                    |
|-------------|--------------------|
| MAIN MEAL   | Teriyaki Chicken   |
| VEGGIE MEAL | Mushroom Chow Mein |
| SIDES       | Rice & Broccoli    |
| DESSERT     | Banana Muffin      |

## WEDNESDAY

|             |                                                     |
|-------------|-----------------------------------------------------|
| MAIN MEAL   | Roast Gammon & Gravy                                |
| VEGGIE MEAL | Cauliflower Cheese                                  |
| SIDES       | Roast Potatoes, Yorkshire Pudding & Seasonal Greens |
| DESSERT     | Lemon Drizzle Cake                                  |

## THURSDAY

|             |                                          |
|-------------|------------------------------------------|
| MAIN MEAL   | Chicken Tikka Masala                     |
| VEGGIE MEAL | Gobi Dhal                                |
| SIDES       | Rice, Garlic & Coriander Naan & Broccoli |
| DESSERT     | Apple Cake                               |

## FRIDAY

|             |                                   |
|-------------|-----------------------------------|
| MAIN MEAL   | Battered Fish or Grilled Sausages |
| VEGGIE MEAL | Vegan Burger                      |
| SIDES       | Chips & Baked Beans               |
| DESSERT     | Chocolate Cookie                  |

## JACKET & PASTA BAR AVAILABLE DAILY

WEEK 1: 31ST AUG, 21ST SEPT, 12TH OCT, 2ND NOV, 23RD NOV, 14TH DEC, 4TH JAN, 25TH JAN, 15TH FEB, 8TH MAR, 29TH MAR, 19TH APR, 10TH MAY, 31ST MAY, 21ST JUN, 12TH JULY



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MONDAY

|             |                         |
|-------------|-------------------------|
| MAIN MEAL   | Korean Chicken Bulgogi  |
| VEGGIE MEAL | Sweet & Sour Vegetables |
| SIDES       | Rice & Carrots          |
| DESSERT     | Banana Flapjack         |

TUESDAY

|             |                        |
|-------------|------------------------|
| MAIN MEAL   | Chilli Con Carne       |
| VEGGIE MEAL | Chilli Sin Carne       |
| SIDES       | Arroz Verde & Broccoli |
| DESSERT     | Jam & Coconut Sponge   |

WEDNESDAY

|             |                                                 |
|-------------|-------------------------------------------------|
| MAIN MEAL   | Lemon & Thyme Roast Chicken & Gravy             |
| VEGGIE MEAL | Cheese & Onion Tart                             |
| SIDES       | Roast Potatoes, Yorkshire Pudding & Green Beans |
| DESSERT     | Apple Crumble with Custard                      |

THURSDAY

|             |                                                   |
|-------------|---------------------------------------------------|
| MAIN MEAL   | Slow Cooked Bombay Chicken                        |
| VEGGIE MEAL | Keralan Coconut Curry                             |
| SIDES       | Pilau Rice, Garlic & Coriander Naan & Cauliflower |
| DESSERT     | Oat Cookie                                        |

FRIDAY

|             |                                   |
|-------------|-----------------------------------|
| MAIN MEAL   | Battered Fish or Grilled Sausages |
| VEGGIE MEAL | Vegetable Burrito                 |
| SIDES       | Chips & Baked Beans               |
| DESSERT     | Chocolate & Pear Sponge           |

JACKET & PASTA BAR AVAILABLE DAILY

WEEK 2: 7TH SEPT, 28TH SEPT, 19TH OCT, 9TH NOV, 30TH NOV, 21ST DEC, 11TH JAN, 1ST FEB, 22ND FEB, 15TH MAR, 5TH APR, 26TH APR, 17TH MAY, 7TH JUN, 28TH JUN, 19TH JUL



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## MONDAY

|             |                                                    |
|-------------|----------------------------------------------------|
| MAIN MEAL   | Beef Bolognaise                                    |
| VEGGIE MEAL | Arrabiata Sauce                                    |
| SIDES       | Penne Pasta, Garlic Bread, Carrots & Grated Cheese |
| DESSERT     | Apple & Carrot Flapjack                            |

## TUESDAY

|             |                                     |
|-------------|-------------------------------------|
| MAIN MEAL   | Jerk Chicken                        |
| VEGGIE MEAL | Jamaican Coconut & Vegetable Curry  |
| SIDES       | Rice & Peas, Spicy Slaw & Sweetcorn |
| DESSERT     | Banana Cake                         |

## WEDNESDAY

|             |                                           |
|-------------|-------------------------------------------|
| MAIN MEAL   | Sausages & Gravy                          |
| VEGGIE MEAL | Vegan Sausage & Gravy                     |
| SIDES       | Mashed Potatoes, Yorkshire Pudding & Peas |
| DESSERT     | Chocolate & Beetroot Brownie              |

## THURSDAY

|             |                          |
|-------------|--------------------------|
| MAIN MEAL   | Chicken Enchiladas       |
| VEGGIE MEAL | Vegetable Enchiladas     |
| SIDES       | Patatas Bravas & Carrots |
| DESSERT     | Coconut & Cherry Cookie  |

## FRIDAY

|             |                                   |
|-------------|-----------------------------------|
| MAIN MEAL   | Battered Fish or Grilled Sausages |
| VEGGIE MEAL | Vegan Goujons & Chips             |
| SIDES       | Chips & Baked Beans               |
| DESSERT     | Carrot Cake                       |

## JACKET & PASTA BAR AVAILABLE DAILY

WEEK 3: 14TH SEPT, 5TH OCT, 26TH OCT, 16TH NOV, 7TH DEC, 28TH DEC, 18TH JAN, 8TH FEB, 1ST MAR, 22ND MAR, 12TH APR, 3RD MAY, 24TH MAY, 14TH JUN, 5TH JUL