

# WEEK 1 MENU

CHOICE  
*One*

CHOICE  
*Two*

GRAB & GO  
*options*

	RICE BOX	RICE BOX
<b>MON</b>	<b>Chicken Tikka Masala</b>   Served with Wholegrain Rice and Vegetables	<b>Roasted Rainbow Vegetables</b>  
	BURGER BAR	BURGER BAR
<b>TUE</b>	<b>Double Beef Burger</b> Served with Chipotle Wedges and Corn on the Cob	<b>Veggie Burger</b>  Served with Chipotle Wedges and Corn on the Cob
	HOT DELI	HOT DELI
<b>WED</b>	<b>Spicy Chicken Pitta</b> Served with Mixed Salad	<b>Sticky BBQ Quorn Pitta</b>  Served with Mixed Salad
	MAC SHACK	MAC SHACK
<b>THUR</b>	<b>Macaroni Cheese</b>  Served with Roasted Beetroot and Chickpea Salad and Crispy Onions	<b>Macaroni Cheese with Crispy Bacon</b> Served with Roasted Beetroot and Chickpea Salad and Crispy Onions
	FRIDAY FAVOURITES	
<b>FRI</b>	<b>Southern Fried Chicken Goujons</b> Served with Chips, Baked Beans and Peas	<b>Quorn Sausage Roll</b>  Served with Chips, Baked Beans and Peas

## HOT DISHES:

Paninis  
Pasta and Sauces  
Freshly Baked Pizza  
Burritos  
Jacket Potato and Toppings

## SALADS:

Tuna and Sweetcorn Pasta Salad  
Pesto Pasta Salad    
Chicken and Bacon Pasta Salad

## SANDWICHES/BAGUETTES:

Chicken Mayonaise Sandwich  
BLT Sandwich  
Ham Salad Sandwich  
Tuna Cucumber Baguette  
Cheese and Tomato Baguette

## WRAPS:






Pepper and Houmous Wrap    
BBQ Chicken Wrap   
Chicken Caesar Wrap 

# WEEK 2 MENU

CHOICE  
*One*

CHOICE  
*Two*

GRAB & GO  
*options*

	CLASSICS	CLASSICS
<b>MON</b>	<b>Sausage and Mash</b> Served with Vegetables and Gravy	<b>Vegetarian Sausage and Mash</b>   Served with Vegetables and Gravy
	PAN-ASIAN	PAN-ASIAN
<b>TUE</b>	<b>Mandarin Chicken</b>  Served with Wholegrain Rice, Peas and Crunchy Slaw	<b>Vegetable Donburi</b>  Served with Peas and Crunchy Slaw
<b>WED</b>	<b>Roast Pork</b> Served with Roast Potatoes, Vegetables and Gravy	<b>Roast Quorn</b>  Served with Roast Potatoes, Vegetables and Gravy
	LOADED NACHOS	LOADED NACHOS
<b>THUR</b>	<b>Chilli Con Carne Nachos</b>  Served with Mixed Salad and Salsa	<b>Pulled Tex Mex Chicken Nachos</b> Served with Mixed Salad and Salsa
	FRIDAY FAVOURITES	
<b>FRI</b>	<b>Southern Fried Chicken Goujons</b> Served with Chips, Baked Beans and Peas	<b>Cheese and Onion Pasty</b>  Served with Chips, Baked Beans and Peas

## HOT DISHES:

**Paninis**  
**Pasta and Sauces**  
**Freshly Baked Pizza**  
**Burritos**  
**Jacket Potato and Toppings**

## SALADS:

**Tuna and Sweetcorn Pasta Salad**  
**Pesto Pasta Salad**    
**Chicken and Bacon Pasta Salad**

## SANDWICHES/BAGUETTES:

**Chicken Mayonaise Sandwich**  
**BLT Sandwich**  
**Ham Salad Sandwich**  
**Tuna Cucumber Baguette**  
**Cheese and Tomato Baguette**

## WRAPS:

**Pepper and Houmous Wrap**    
**BBQ Chicken Wrap**   
**Chicken Caesar Wrap** 

# WEEK 3 MENU

CHOICE  
*One*

CHOICE  
*Two*

GRAB & GO  
*options*

	HOT DOGS	HOT DOGS
<b>MON</b>	<b>Classic New Yorker Hot Dog</b> Served with Chipotle Wedges and American Slaw	<b>Tropical Sunshine Hot Dog</b> 🌱 🍷 Served with Chipotle Wedges and American Slaw
	STREET FOOD	
<b>TUE</b>	<b>Buffalo Chicken</b> Served with Baked Garlic and Herb Wedges and Mixed Salad	<b>Veggie Burrito</b> 🌱 🌿 Served with Chipotle Wedges
	BUDDHA BOX	
<b>WED</b>	<b>Roast Chicken</b> Served with Roast Potatoes, Vegetables and Gravy	<b>Roast Quorn</b> Served with Roast Potatoes, Vegetables and Gravy
	BUDDHA BOX	
<b>THUR</b>	<b>Nut-free Chicken Satay Buddha Box</b> 🌱 Served with Wholegrain Rice and Mixed Salad	<b>Roast Butternut Squash, Chickpea and Broccoli Buddha Box</b> 🌱 🍷 🌿
	BUDDHA BOX	
<b>FRI</b>	<b>Southern Fried Chicken Goujons</b> Served with Chips, Baked Beans and Peas	<b>Quorn Sausage Roll</b> Served with Chips, Baked Beans and Peas

## HOT DISHES:

**Paninis**  
**Pasta and Sauces**  
**Freshly Baked Pizza**  
**Burritos**  
**Jacket Potato and Toppings**

## SALADS:

**Tuna and Sweetcorn Pasta Salad**  
**Pesto Pasta Salad** 🌱 🌿  
**Chicken and Bacon Pasta Salad**

## SANDWICHES/BAGUETTES:

**Chicken Mayonaise Sandwich**  
**BLT Sandwich**  
**Ham Salad Sandwich**  
**Tuna Cucumber Baguette**  
**Cheese and Tomato Baguette**

## WRAPS:

**Pepper and Houmous Wrap** 🌱 🌿  
**BBQ Chicken Wrap** 🌿  
**Chicken Caesar Wrap** 🌿