

MAKE

GOOD CHOICES.

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sweet Treats	Baked Raspberry Jam Doughnut	Syrup Sponge with Vanilla Custard	British Strawberry Cheesecake	Bread & Butter Pudding with Cinnamon Custard	Bramley Apple Pie
Homemade Soup of the Day with Wholemeal Bread	Fresh Carrot, Turmeric and Ginger	Chunky Sweetcorn and Potato	Classic Tomato	Cream of Watercress	Pasta e Fagioli (Pasta and Borlotti Beans)
Main The best flavours from across the globe served here for you	Spaghetti Bolognese Seasonal Salad, fresh Mini Roll	Open Beef Burger with an Onion Ring Diced Potatoes, Salad of Mixed Leaves, Grated Beetroot	Chicken Korma Oven Baked Brown Rice, Naan Bread and Raita Sauce	Shanghai Pork in Black Bean Sauce with Egg Noodles and Vegetables	Battered Cod Fillet or Mediterranean Style Baked Haddock, with Chunky Chips, Garden Peas, Lemon And Tartar Sauce
Vegetarian Deliciously tasty vegetarian delights to tickle your tastebuds	Cherry Tomato and Spring Onion Sauce with Spaghetti, Seasonal Salad and Dough Balls	Roast Vegetables, Mushroom and Cheese Tart Diced Potatoes, Mixed Leaves, Grated Beetroot	Sweet Potato, Spinach and Cauliflower in a Mild Curry Sauce Oven Baked Rice, Naan Bread	Open Vegetarian Burger Sautéed Potatoes, Seasonal Salad, Tomato Salsa	Vegetable Quorn Quesadillas with Chunky Chips, Garden Peas

Available Daily: Filled Jacket Potatoes, Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps, Fresh Salads, Hot Sweet of the Day or Fresh Fruit Salad, Hot & Cold Drinks

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WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sweet Treats	Waffle with Berry Sauce	Pineapple Upside Down with Custard	Apple Crumble with Cinnamon Custard	Beetroot Chocolate Brownie with Chocolate Sauce	Fruity Jelly Trifle
Homemade Soup of the Day with Wholemeal Bread	Cream of Coconut with Sweet Potato and Fresh Coriander	Roasted Tomato & Basil	Cheesy Cauliflower & Roasted Garlic	Traditional Minestrone	Chunky Chick Pea & Root Vegetables
Main The best flavours from across the globe served here for you	Oven Baked Southern Chicken with BBQ Sauce Sweetcorn Wheel, Oven Baked Jacket Wedges	Traditional Beef Lasagne Green Beans, Mixed Salad with Fine Herbs, Garlic Bread	Beak Street Chicken Oven Baked Potatoes or Sweet Potato, Sweetcorn	Beef Quesadillas Roasted Vegetables, Mixed Leaves, Guacamole	Battered Cod Fillet or Mediterranean Style Baked Haddock, with Chunky Chips, Garden Peas, Lemon and Tartar Sauce, Crushed New Potatoes
Vegetarian Deliciously tasty vegetarian delights to tickle your tastebuds	Sweet Potato and Peppers Taco with Guacamole Sweetcorn Wheel, Oven Baked Jacket Wedges	Linda McCartney Sausages on Polenta Mash Seasonal Salad, Garlic Bread	Cheese, Pepper & Rocket Stromboli Oven Baked Diced Potatoes, Sweetcorn	Macaroni Cheese with Garlic Bread Roasted Vegetables, Mixed Leaves	Creole Style Vegetarian Wrap Chunky Chips Mixed Leaves

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WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sweet Treats	Yoghurt with Granola and Pineapple	Citrus Sponge with Custard	Carrot & Courgette Cake	Peach Crumble with Custard	Lemon Meringue Pie
Homemade Soup of the Day with Wholemeal Bread	Spicy Bean & Fresh Chives	Roasted Carrot & Orange	Ratatouille	Leek & Potato	Thai Noodle
Main The best flavours from across the globe served here for you	Chicken Tikka Masala Basmati Mixed Rice served with Carrots and Naan Bread	Mexican Chilli Con Carne Oven Baked Potato Wedges, Red Pepper and Italian Leaf Salad	Slow Roasted Sticky Apple Pork with Roasted Potatoes, Savoy Cabbage and Gravy	Kung Pao Chicken Stir Fry Noodles, Stir Fried Vegetables	Battered Cod Fillet or Mediterranean Style Baked Haddock, with Chunky Chips, Garden Peas, Lemon and Tartar Sauce, Crushed New Potatoes
Vegetarian Deliciously tasty vegetarian delights to tickle your tastebuds	Bombay Aloo with Potato, Spinach and Tomato	Vegetable Lasagne with Garlic Bread Oven Baked Potato Wedges, Pepper and Italian Leaf Salad	Tomato & Mozzarella Tart with Basil Dressing Roasted Potatoes with Medley Of Vegetables	Thai Spiced Quorn Stir Fry Noodles, Stir Fried Vegetables	Cheesy Spinach and Mushroom Frittata with Chunky Chips, Mixed Salad

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