

# WEEK 1

# THIS WEEK'S MENU

	OPTION ONE	OPTION TWO	GRAB & GO
<b>MON</b>	<b>PAN-ASIAN</b>	<b>PAN-ASIAN</b>	<b>HOT DISHES</b> Paninis Pasta and Sauces 🌿 Freshly Baked Pizza Soup and Bread <b>VE</b> Jacket Potato and Toppings <b>VE</b> <b>V</b> 🐟
	<b>SWEET AND SOUR BEEF MEATBALLS</b> 🌿 with Wholegrain Rice and Vegetables	<b>YELLOW VEGETABLE CURRY</b> <b>VE</b> 🌿 ❤️ with Wholegrain Rice	
<b>TUE</b>	<b>BURGER BAR</b>	<b>BURGER BAR</b>	
	<b>JERK CHICKEN BURGER</b> with Baked Garlic and Herb Wedges and Salad	<b>BLACK EYED BEAN BURGER</b> <b>VE</b> with Baked Garlic and Herb Wedges and Salad	
<b>WED</b>	<b>SPICE IS NICE</b>	<b>SPICE IS NICE</b>	
	<b>TANDOORI CHICKEN</b> 🌿 with Wholegrain Rice and Salad	<b>SPICED SWEET POTATO AND CHICKPEA ROAST</b> <b>VE</b> 🌿 ❤️ with Wholegrain Rice and Salad	
<b>THUR</b>	<b>STREET</b>	<b>STREET</b>	
	<b>CHEESY BOLOGNESE HOT POT</b> with Baked Garlic and Herb Wedges and Vegetables	<b>OPEN CAJUN VEGETABLE FAJITA</b> <b>V</b> ❤️ with Baked Garlic and Herb Wedges and Vegetables	
<b>FRI</b>	<b>FRIDAY FAVOURITES</b>	<b>FRIDAY FAVOURITES</b>	
	<b>CRISPY CHICKEN KATSU BURGER</b> with Chips and Baked Beans or Peas	<b>BBQ QUORN BITES</b> <b>V</b> with Chips and Baked Beans or Peas	

- SALADS**
- Tuna and Sweetcorn Pasta Salad ❤️
  - Pesto Pasta Salad **V** 🌿 ❤️
  - Roasted Indian Chickpea Salad **VE** ❤️
- SANDWICHES AND BAGUETTES**
- Egg Salad Sandwich **V**
  - Chicken Salad Sandwich 🌿 ❤️
  - Cheese and Pickle Baguette **VE**
  - Tuna Mayo Baguette
  - BLT Baguette
- WRAPS**
- BBQ Chicken Wrap ❤️
  - Chicken Caesar Wrap ❤️
  - Pepper and Houmous Wrap **VE** ❤️

Nutritionist's Choice  
 Vegetarian  
 Vegan  
 Oily Fish  
 Wholegrain  
 Halal

Our menu is subject to change.

# WEEK 2

# THIS WEEK'S MENU

	OPTION ONE	OPTION TWO	GRAB & GO
<b>MON</b>	SPICE IS NICE	SPICE IS NICE	<b>HOT DISHES</b> Paninis Pasta and Sauces 🌿 Freshly Baked Pizza Soup and Bread <b>VE</b> Jacket Potato and Toppings <b>VE</b> <b>V</b>  <b>SALADS</b> Tuna and Sweetcorn Pasta Salad 🍷 Pesto Pasta Salad <b>V</b> 🌿 🍷 Roasted Indian Chickpea Salad <b>VE</b> 🍷  <b>SANDWICHES AND BAGUETTES</b> Egg Salad Sandwich <b>V</b> Chicken Salad Sandwich 🌿 🍷 Cheese and Pickle Baguette <b>VE</b> Tuna Mayo Baguette BLT Baguette  <b>WRAPS</b> BBQ Chicken Wrap 🍷 Chicken Caesar Wrap 🍷 Pepper and Houmous Wrap <b>VE</b> 🍷
	<b>CHICKEN TIKKA MASALA</b> 🌿 🍷 with Wholegrain Rice and Vegetables	<b>SPINACH AND CHICKPEA DAHL</b> <b>VE</b> 🌿 🍷 with Wholegrain Rice, Vegetables and Mint Raita	
<b>TUE</b>	BURGER BAR	BURGER BAR	
	<b>SRIRACHA CHICKEN BURGER</b> with Baked Garlic and Herb Wedges and Salad	<b>TIGER BHAJI BURGER</b> <b>VE</b> with Baked Garlic and Herb Wedges and Salad	
<b>WED</b>	PAN-ASIAN	PAN-ASIAN	
	<b>STICKY MANDARIN PORK</b> 🌿 with Vegetable Fried Rice and Satay Sweetcorn	<b>SWEET CHILLI VEGETABLE NOODLES</b> <b>V</b> 🍷 with Satay Sweetcorn	
<b>THUR</b>	STREET	STREET	
	<b>FIRECRACKER BEEF</b> 🌿 🍷 with Wholegrain Rice and Vegetables	<b>VEGETABLE JAMBALAYA</b> <b>VE</b> with Green Beans	
<b>FRI</b>	FRIDAY FAVOURITES	FRIDAY FAVOURITES	
	<b>BATTERED FISH</b> with Chips and Baked Beans or Peas	<b>CHEESE, ONION AND POTATO SLICE</b> <b>V</b> with Chips and Baked Beans or Peas	

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# WEEK 3

# THIS WEEK'S MENU

	OPTION ONE	OPTION TWO	GRAB & GO
<b>MON</b>	<b>BURGER BAR</b>	<b>BURGER BAR</b>	<b>HOT DISHES</b> Paninis Pasta and Sauces 🌿 Freshly Baked Pizza Soup and Bread <b>VE</b> Jacket Potato and Toppings <b>VE</b> <b>V</b>  <b>SALADS</b> Tuna and Sweetcorn Pasta Salad 🍷 Pesto Pasta Salad <b>V</b> 🌿 🍷 Roasted Indian Chickpea Salad <b>VE</b> 🍷  <b>SANDWICHES AND BAGUETTES</b> Egg Salad Sandwich <b>V</b> Chicken Salad Sandwich 🌿 🍷 Cheese and Pickle Baguette <b>VE</b> Tuna Mayo Baguette BLT Baguette  <b>WRAPS</b> BBQ Chicken Wrap 🍷 Chicken Caesar Wrap 🍷 Pepper and Houmous Wrap <b>VE</b> 🍷
	<b>BUN-LESS BURGER BOX</b> with Crispy Potatoes and Salad	<b>BEEETROOT AND FETA BURGER</b> <b>V</b> with Baked Spiced Wedges and Salad	
<b>TUE</b>	<b>PAN-ASIAN</b>	<b>PAN-ASIAN</b>	
	<b>SWEET THAI CHILLI CHICKEN NOODLES</b> 🍷 with Salad	<b>VEGETABLE NOODLE POT</b> <b>V</b> 🍷 with Salad	
<b>WED</b>	<b>ITALIAN</b>	<b>ITALIAN</b>	
	<b>MAC CHEESE BOLOGNESE</b> with Margherita Pizza Pinwheel and Salad	<b>MAC CHEESE VEGGIE BOLOGNESE</b> <b>V</b> with Margherita Pizza Pinwheel and Salad	
<b>THUR</b>	<b>STREET</b>	<b>STREET</b>	
	<b>SRI LANKAN CHICKEN ROTI STIR-FRY</b> 🌿 🍷 with Wholegrain Rice and Vegetables	<b>YAKISOBA SOYA NOODLES</b> <b>V</b> 🍷 with Vegetables	
<b>FRI</b>	<b>FRIDAY FAVOURITES</b>	<b>FRIDAY FAVOURITES</b>	
	<b>SOUTHERN FRIED CHICKEN GOUJONS</b> with Chips and Baked Beans or Peas	<b>"CHEESY" BEAN BURGER</b> <b>VE</b> with Chips and Baked Beans or Peas	

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