

# Week One Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal option 1	Beef Chilli with rice and garlic bread (GF).	Beef Hotpot (GF)	Roast Pork with stuffing and roast potatoes (GF)	Beef Madras with rice and naan bread (GF)	Scampi with chips
Main meal option 2	Beef Burger with wedges and vegetable choice	Sweet & Sour chicken with rice (GF)	Beef Burrito	Salmon Tray Bake (GF)	Lamb Tagine with couscous (GF)
Vegetarian Option	Quorn Burger wedges and vegetable choice	Sweet potato Chilli with rice and garlic bread	Cheese Pasta with garlic bread	Stuffed Pepper	Spanish Omelette with chips (GF)
Daily Vegetable choice	Pea and sweetcorn medley	Green beans and carrots	Broccoli and mashed swede	Country mixed vegetables	Mushy peas and chip-shop curry sauce
Vegetable choice	Baked beans or salad	Baked beans or salad	Baked beans or salad	Baked beans or salad	Baked beans or salad
Dessert	Rice Pudding	Bakewell Tart with custard	Choc Oat Delight with pink custard	Iced Sponge with custard	Cookies
Traybake	Cherry Shortbread	Apricot Flapjack	Choc Crackle	Choc Crunch	Choc Flapjack
Salad Bar	A selection of pasta, salad items, coleslaw, boiled eggs, pickles, etc.	A selection of pasta, salad items, coleslaw, boiled eggs, pickles, etc.	A selection of pasta, salad items, coleslaw, boiled eggs, pickles, etc.	A selection of pasta, salad items, coleslaw, boiled eggs, pickles, etc.	A selection of pasta, salad items, coleslaw, boiled eggs, pickles, etc.
Jacket Potatoes	Tuna, Cheese or beans with or without salad.	Tuna, Cheese or beans with or without salad.	Tuna, Cheese or beans with or without salad.	Tuna, Cheese or beans with or without salad.	Tuna, Cheese or beans with or without salad.
Grab and Go options	Pasta King (A choice of meat or vegetarian sauces), Chicken Flatbreads, Ham and Cheese Pizza, Cheese and Tomato Pizza, Pepperoni Pizza, Spicy Chicken Pizza, Spicy Beef Pizza.	Pasta King (A choice of meat or vegetarian sauces), Chicken Flatbreads, Ham and Cheese Pizza, Cheese and Tomato Pizza, Pepperoni Pizza, Spicy Chicken Pizza, Spicy Beef Pizza.	Pasta King (A choice of meat or vegetarian sauces), Chicken Flatbreads, Ham and Cheese Pizza, Cheese and Tomato Pizza, Pepperoni Pizza, Spicy Chicken Pizza, Spicy Beef Pizza.	Pasta King (A choice of meat or vegetarian sauces), Chicken Flatbreads, Ham and Cheese Pizza, Cheese and Tomato Pizza, Pepperoni Pizza, Spicy Chicken Pizza, Spicy Beef Pizza.	Pasta King (A choice of meat or vegetarian sauces), Chicken Flatbreads, Ham and Cheese Pizza, Cheese and Tomato Pizza, Pepperoni Pizza, Spicy Chicken Pizza, Spicy Beef Pizza.
Cold Sandwiches: On 50/50 bread or white baguettes. Available with or without salad.	Ham, Ham and Cheese, Cheese, Cheese and Tomato, Tuna Mayonnaise, Tuna and Cucumber, Turkey, Egg Mayonnaise, Chicken Tikka, Chicken Mayonnaise.	Ham, Ham and Cheese, Cheese, Cheese and Tomato, Tuna Mayonnaise, Tuna and Cucumber, Turkey, Egg Mayonnaise, Chicken Tikka, Chicken Mayonnaise.	Ham, Ham and Cheese, Cheese, Cheese and Tomato, Tuna Mayonnaise, Tuna and Cucumber, Turkey, Egg Mayonnaise, Chicken Tikka, Chicken Mayonnaise.	Ham, Ham and Cheese, Cheese, Cheese and Tomato, Tuna Mayonnaise, Tuna and Cucumber, Turkey, Egg Mayonnaise, Chicken Tikka, Chicken Mayonnaise.	Ham, Ham and Cheese, Cheese, Cheese and Tomato, Tuna Mayonnaise, Tuna and Cucumber, Turkey, Egg Mayonnaise, Chicken Tikka, Chicken Mayonnaise.
Hot Panini Sandwiches	Cheese and Ham, Tuna and Cheese, Cheese Melt, Pulled Pork, Spicy Chicken, Spick Beef, Pepperoni.	Cheese and Ham, Tuna and Cheese, Cheese Melt, Pulled Pork, Spicy Chicken, Spick Beef, Pepperoni.	Cheese and Ham, Tuna and Cheese, Cheese Melt, Pulled Pork, Spicy Chicken, Spick Beef, Pepperoni.	Cheese and Ham, Tuna and Cheese, Cheese Melt, Pulled Pork, Spicy Chicken, Spick Beef, Pepperoni.	Cheese and Ham, Tuna and Cheese, Cheese Melt, Pulled Pork, Spicy Chicken, Spick Beef, Pepperoni.

GF= Gluten Free Version Available. Please ask staff for details. We cater to a wide variety of dietary requirements please ask for more information.