

Week Two Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal option 1	Sausage with mashed potato	Chicken & Leek Pie with new potatoes	Roast Beef with Yorkshire pudding and roast potatoes (GF)	Chicken Jalfrezi with rice and naan bread (GF)	Southern Fried Chicken with chips
Main meal option 2	Chicken Arrabiata with garlic bread.	Fish Pie	Chicken, ham and spinach pasta with garlic bread	Beef Stew & Dumplings	Bacon & Tomato Quiche with chips
Vegetarian Option	Quorn Sausage with mashed potato	Sweet Chilli Quorn with rice and garlic bread (GF)	Veggie Lasagne with garlic bread	Rocket and Sundried Tomato Pasta with garlic bread	Veggie Nuggets with chips
Daily Vegetable choice	Peas and carrots	Cabbage and sweetcorn	Carrots and broccoli	Country mixed vegetables	Salad and coleslaw
Vegetable choice	Baked beans or salad	Baked beans or salad	Baked beans or salad	Baked beans or salad	Baked beans or salad
Dessert	Fruit Salad & Ice cream	Raspberry Flapjack with custard	Iced Cornflake with custard	Apple Crumble with custard	Donut
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.