

## Week Three Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal option 1	Honey & Mustard Pork Chop with new potatoes (GF)	Steak + Kidney Pie with mashed potatoes	Roast Turkey with stuffing and roast potatoes (GF)	Chicken Tikka with rice and naan bread (GF)	Fish and chips
Main meal option 2	Cornish Pasty with new potatoes	BBQ Chicken with rice and garlic bread (GF)	Sticky Salmon with rice(GF)	Chicken & Butternut Risotto with garlic bread (GF)	Crispy Chilli Beef with noodle stir-fry (GF)
Vegetarian Option	Stuffed Mushroom with new potatoes	Quorn Biryani with naan bread (GF)	Homtiy Pie with roast potatoes	Quorn and Sweet Potato Curry with rice and naan bread (GF)	Falafel Flatbread and chips
Daily Vegetable choice	Green beans and carrots	Pea and sweetcorn medley	Sprouts and cauliflower	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	Fruit Meringue Nest	Welly Fudge with custard	Banoffee Pie	Choc Crunch with custard	Scones with jam and cream
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 .*