

# WEEK 1 MENU

## CHOICE *One*

## CHOICE *Two*

## GRAB & GO *options*

	RICE BOX	RICE BOX
<b>MON</b>	<b>Chicken Tikka Masala</b>   Served with Wholegrain Rice and Vegetables	<b>Roasted Rainbow Vegetables</b>  
	BURGER BAR	BURGER BAR
<b>TUE</b>	<b>Double Beef Burger</b> Served with Chipotle Wedges and Corn on the Cob	<b>Veggie Burger</b>  Served with Chipotle Wedges and Corn on the Cob
	HOT DELI	HOT DELI
<b>WED</b>	<b>Spicy Chicken Pitta</b> Served with Mixed Salad	<b>Sticky BBQ Quorn Pitta</b>  Served with Mixed Salad
	MAC SHACK	MAC SHACK
<b>THUR</b>	<b>Macaroni Cheese with Crispy Bacon</b> Served with Roasted Beetroot and Chickpea Salad and Crispy Onions	<b>Macaroni Cheese with Chipotle Sweetcorn</b>   Served with Roasted Beetroot and Chickpea Salad and Crispy Onions
	FRIDAY FAVOURITES	FRIDAY FAVOURITES
<b>FRI</b>	<b>Battered Fish</b> Served with Chips, Baked Beans and Peas	<b>Quorn Sausage Roll</b>  Served with Chips, Baked Beans and Peas


### HOT DISHES:

**Paninis**  
**Pasta and Sauces**  
**Freshly Baked Pizza**  
**Soup and Bread**  
**Jacket Potato and Toppings**

### SALADS:

**Tuna and Sweetcorn Pasta Salad**  
**Pesto Pasta Salad**    
**Roasted Indian Chickpea Salad**  

### SANDWICHES/BAGUETTES:

**Ham and Cheese Sandwich**  
**Chicken Salad Sandwich**  
**Cheese Baguette**   
**Tuna Mayo Baguette**  
**BLT Baguette**

### WRAPS:

**Pepper and Houmous Wrap**    
**BBQ Chicken Wrap**   
**Chicken Caesar Wrap** 

# WEEK 2 MENU

## CHOICE *One*

## CHOICE *Two*

## GRAB & GO *options*

	CLASSICS	CLASSICS
<b>MON</b>	<b>Sausage and Mash</b> Served with Vegetables and Gravy	<b>Vegetarian Sausage and Mash</b>   Served with Vegetables and Gravy
	PAN-ASIAN	PAN-ASIAN
<b>TUE</b>	<b>Mandarin Chicken</b>  Served with Wholegrain Rice, Peas and Crunchy Slaw	<b>Vegetable Donburi</b>  Served with Peas and Crunchy Slaw
	HOT DELI	HOT DELI
<b>WED</b>	<b>Roast Chicken and Stuffing Baguette</b> Served with Chipotle Wedges, Coleslaw and Sweetcorn	<b>Korean BBQ Quorn Sub</b>  Served with Chipotle Wedges, Coleslaw and Sweetcorn
	LOADED NACHOS	LOADED NACHOS
<b>THUR</b>	<b>Chilli Con Carne Nachos</b>  Served with Mixed Salad and Salsa	<b>Chilli No Carne Nachos</b>   Served with Mixed Salad and Salsa
	FRIDAY FAVOURITES	FRIDAY FAVOURITES
<b>FRI</b>	<b>Southern Fried Chicken Wrap</b> Served with Chips, Baked Beans and Peas	<b>Cheese and Onion Pasty</b>  Served with Chips, Baked Beans and Peas


### HOT DISHES:

**Paninis**  
**Pasta and Sauces**  
**Freshly Baked Pizza**  
**Soup and Bread**  
**Jacket Potato and Toppings**

### SALADS:

**Tuna and Sweetcorn Pasta Salad**  
**Pesto Pasta Salad**    
**Roasted Indian Chickpea Salad**  

### SANDWICHES/BAGUETTES:

**Ham and Cheese Sandwich**  
**Chicken Salad Sandwich**  
**Cheese Baguette**   
**Tuna Mayo Baguette**  
**BLT Baguette**

### WRAPS:

**Pepper and Houmous Wrap**    
**BBQ Chicken Wrap**   
**Chicken Caesar Wrap** 

# WEEK 3 MENU

## CHOICE One

## CHOICE Two

## GRAB & GO options

	HOT DOGS	HOT DOGS
<b>MON</b>	<b>Classic New Yorker Hot Dog</b> Served with Chipotle Wedges and American Slaw	<b>Tropical Sunshine Hot Dog</b>   Served with Chipotle Wedges and American Slaw
	STREET FOOD	STREET FOOD
<b>TUE</b>	<b>Buffalo Chicken</b> Served with Baked Garlic and Herb Wedges and Mixed Salad	<b>Quorn Shawarma Pitta Pocket</b>  Served with Mixed Salad
	CLASSICS	CLASSICS
<b>WED</b>	<b>Roast Beef Meatballs</b> Served with Mashed Potato, Peas and Gravy	<b>Roast Veggie Balls</b>  Served with Mashed Potato, Peas and Gravy
	BUDDHA BOX	BUDDHA BOX
<b>THUR</b>	<b>Nut-free Chicken Satay Buddha Box</b>  Served with Wholegrain Rice and Mixed Salad	<b>Roast Butternut Squash, Chickpea and Broccoli Buddha Box</b>   
	FRIDAY FAVOURITES	FRIDAY FAVOURITES
<b>FRI</b>	<b>Battered Fish</b> Served with Chips, Baked Beans and Peas	<b>Vegetable Fajita</b>   Served with Chips, Baked Beans and Peas


### HOT DISHES:

**Paninis**  
**Pasta and Sauces**  
**Freshly Baked Pizza**  
**Soup and Bread**  
**Jacket Potato and Toppings**

### SALADS:

**Tuna and Sweetcorn Pasta Salad**  
**Pesto Pasta Salad**    
**Roasted Indian Chickpea Salad**  

### SANDWICHES/BAGUETTES:

**Ham and Cheese Sandwich**  
**Chicken Salad Sandwich**  
**Cheese Baguette**   
**Tuna Mayo Baguette**  
**BLT Baguette**

### WRAPS:

**Pepper and Houmous Wrap**    
**BBQ Chicken Wrap**   
**Chicken Caesar Wrap** 