



LUNCH MENU - WEEK 1

(v) vegetarian,

KITCHEN FAVOURITES

MARKET FRESH

SOMETHING SWEET

MONDAY

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| <p>MAINS</p> <p>Plant based Kofta in a salad filled wrap (v)</p> <p>Mexican Chicken Tacos</p> <p>SIDES</p> <p>Rice, Broccoli and Sweetcorn</p> | <p>BAKED POTATOES, SOUP AND SANDWICHES</p> <p>Baked or Sweet Potatoes with a variety of fillings</p> <p>Cheese, Ham or Tuna Mayonnaise sandwiches</p> <p>Leek and Potato soup with fresh croutons</p> | <p>SALAD</p> <p>A selection of freshly made salads including coleslaw, cucumber, tomato, lettuce, mixed peppers and red onion</p> | <p>Caramel Fool</p> <p>Greek Yoghurt</p> <p>Fresh Fruit</p> |
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TUESDAY

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| <p>MAINS</p> <p>Roasted Vegetable Lasagne (v)</p> <p>Meatloaf and Tomato Sauce</p> <p>SIDES</p> <p>Diced Potatoes and Fresh Vegetables</p> | <p>BAKED POTATOES, SOUP AND SANDWICHES</p> <p>Baked or Sweet Potatoes with a variety of fillings</p> <p>Cheese, Ham or Tuna Mayonnaise sandwiches</p> <p>Spicy Tomato soup with fresh croutons</p> | <p>SALAD</p> <p>A selection of freshly made salads including coleslaw, cucumber, tomato, lettuce, mixed peppers and red onion</p> | <p>Baked American Cheesecake</p> <p>Greek Yoghurt</p> <p>Fresh Fruit</p> |
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WEDNESDAY

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| <p>MAINS</p> <p>Vegetable Chilli, Rice and Nachos(v)</p> <p>Beef Ragu Pasta and Garlic Bread</p> <p>SIDES</p> <p>Carrot Batons and Garden Peas</p> | <p>BAKED POTATOES, SOUP AND SANDWICHES</p> <p>Baked or Sweet Potatoes with a variety of fillings</p> <p>Cheese, Ham or Tuna Mayonnaise sandwiches</p> <p>Carrot, Honey and Ginger soup with fresh croutons</p> | <p>SALAD</p> <p>A selection of freshly made salads including coleslaw, cucumber, tomato, lettuce, mixed peppers and red onion</p> | <p>Fruit Pots</p> <p>Greek Yoghurt</p> <p>Fresh Fruit</p> |
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THURSDAY

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| <p>MAINS</p> <p>Vegetable Pad Thai with Vegetable Spring Rolls (v)</p> <p>Shredded Chicken in a Bao Bun</p> <p>SIDES</p> <p>Corn on the Cob and Steamed Broccoli</p> | <p>BAKED POTATOES, SOUP AND SANDWICHES</p> <p>Baked or Sweet Potatoes with a variety of fillings</p> <p>Cheese, Ham or Tuna Mayonnaise sandwiches</p> <p>Mushroom soup with fresh croutons</p> | <p>SALAD</p> <p>A selection of freshly made salads including coleslaw, cucumber, tomato, lettuce, mixed peppers and red onion</p> | <p>Strawberry Jelly Pots</p> <p>Greek Yoghurt</p> <p>Fresh Fruit</p> |
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FRIDAY

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| <p>MAINS</p> <p>Cheese and Tomato Pizza (v)</p> <p>Battered Cod</p> <p>SIDES</p> <p>Fries, Baked Beans, Mushy Peas or Garden Peas</p> | <p>BAKED POTATOES, SOUP AND SANDWICHES</p> <p>Baked or Sweet Potatoes with a variety of fillings</p> <p>Cheese, Ham or Tuna Mayonnaise sandwiches</p> <p>Tomato soup with fresh croutons</p> | <p>SALAD</p> <p>A selection of freshly made salads including coleslaw, cucumber, tomato, lettuce, mixed peppers and red onion</p> | <p>Yoghurt and Coulis Pots</p> <p>Greek Yoghurt</p> <p>Fresh Fruit</p> |
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LUNCH MENU - WEEK 2

(v) vegetarian

KITCHEN FAVOURITES

MARKET FRESH

SOMETHING SWEET

MONDAY

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| <p>MAINS</p> <p>Japanese Teriyaki Tofu</p> <p>Sweet and Sour Pork</p> <p>SIDES</p> <p>Egg Noodles and Stir-fried Vegetables</p> | <p>BAKED POTATOES, SOUP AND SANDWICHES</p> <p>Baked or Sweet Potatoes with a variety of fillings</p> <p>Cheese, Ham or Tuna Mayonnaise sandwiches</p> <p>Vegetable soup with fresh croutons</p> | <p>SALAD</p> <p>A selection of freshly made salads including coleslaw, cucumber, tomato, lettuce, mixed peppers and red onion</p> | <p>Oat Cake</p> <p>Greek Yoghurt</p> <p>Fresh Fruit</p> |
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TUESDAY

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| <p>MAINS</p> <p>Southern Indian Chickpea Curry (v)</p> <p>Butter Chicken Curry</p> <p>SIDES</p> <p>Steamed Rice, Poppadum and Mango Chutney</p> | <p>BAKED POTATOES, SOUP AND SANDWICHES</p> <p>Baked or Sweet Potatoes with a variety of fillings</p> <p>Cheese, Ham or Tuna Mayonnaise sandwiches</p> <p>Minted Pea soup with fresh croutons</p> | <p>SALAD</p> <p>A selection of freshly made salads including coleslaw, cucumber, tomato, lettuce, mixed peppers and red onion</p> | <p>Chocolate Mousse</p> <p>Greek Yoghurt</p> <p>Fresh Fruit</p> |
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WEDNESDAY

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| <p>MAINS</p> <p>Vegetarian Meatballs</p> <p>Beef Bolognaise</p> <p>SIDES</p> <p>Spaghetti, Garlic Bread and Salad</p> | <p>BAKED POTATOES, SOUP AND SANDWICHES</p> <p>Baked or Sweet Potatoes with a variety of fillings</p> <p>Cheese, Ham or Tuna Mayonnaise sandwiches</p> <p>Vine Tomato and Green Pesto soup with fresh croutons</p> | <p>SALAD</p> <p>A selection of freshly made salads including coleslaw, cucumber, tomato, lettuce, mixed peppers and red onion</p> | <p>Lemon and Blueberry Drizzle Cake</p> <p>Greek Yoghurt</p> <p>Fresh Fruit</p> |
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THURSDAY

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| <p>MAINS</p> <p>Piri Piri Jackfruit Tacos</p> <p>BBQ Shredded Chicken in a Wrap</p> <p>SIDES</p> <p>Corn on the Cob and Mixed Salad</p> | <p>BAKED POTATOES, SOUP AND SANDWICHES</p> <p>Baked or Sweet Potatoes with a variety of fillings</p> <p>Cheese, Ham or Tuna Mayonnaise sandwiches</p> <p>Roast Carrot soup with fresh croutons</p> | <p>SALAD</p> <p>A selection of freshly made salads including coleslaw, cucumber, tomato, lettuce, mixed peppers and red onion</p> | <p>Orange Jelly Pots</p> <p>Greek Yoghurt</p> <p>Fresh Fruit</p> |
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FRIDAY

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| <p>MAINS</p> <p>Quorn Dippers (v)</p> <p>Fishfingers</p> <p>SIDES</p> <p>Fries, Baked Beans, Mushy Peas or Garden Peas</p> | <p>BAKED POTATOES, SOUP AND SANDWICHES</p> <p>Baked or Sweet Potatoes with a variety of fillings</p> <p>Cheese, Ham or Tuna Mayonnaise sandwiches</p> <p>Tomato soup with fresh croutons</p> | <p>SALAD</p> <p>A selection of freshly made salads including coleslaw, cucumber, tomato, lettuce, mixed peppers and red onion</p> | <p>Eton Mess</p> <p>Greek Yoghurt</p> <p>Fresh Fruit</p> |
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LUNCH MENU - WEEK 3

(v) vegetarian, (vg) vegan

KITCHEN FAVOURITES

MARKET FRESH

SOMETHING SWEET

MEAT FREE
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

| | | | |
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| <p>MAINS</p> <p>Macaroni and Broccoli Cheese (v)</p> <p>Vegetarian Sausage Roll</p> <p>SIDES</p> <p>Diced Potatoes and Mixed Leaf Salad</p> | <p>BAKED POTATOES, SOUP AND SANDWICHES</p> <p>Baked or Sweet Potatoes with a variety of fillings</p> <p>Cheese, Ham or Tuna Mayonnaise sandwiches</p> <p>Vegetable soup with fresh croutons</p> | <p>SALAD</p> <p>A selection of freshly made salads including coleslaw, cucumber, tomato, lettuce, mixed peppers and red onion</p> | <p>Chocolate Chip Cookie</p> <p>Greek Yoghurt</p> <p>Fresh Fruit</p> |
| <p>MAINS</p> <p>Vegetable Samosas (v)</p> <p>Thai Fishcakes</p> <p>SIDES</p> <p>Sweet Chilli Sauce, Rice and Stir-Fried Vegetables</p> | <p>BAKED POTATOES, SOUP AND SANDWICHES</p> <p>Baked or Sweet Potatoes with a variety of fillings</p> <p>Cheese, Ham or Tuna Mayonnaise sandwiches</p> <p>Tomato and Red Lentil soup with fresh croutons</p> | <p>SALAD</p> <p>A selection of freshly made salads including coleslaw, cucumber, tomato, lettuce, mixed peppers and red onion</p> | <p>Raspberry Jelly</p> <p>Greek Yoghurt</p> <p>Fresh Fruit</p> |
| <p>MAINS</p> <p>Roasted Vegetable and Mozzarella Flatbread (v)</p> <p>Beef Lasagne</p> <p>SIDES</p> <p>Potato Wedges and Green Salad</p> | <p>BAKED POTATOES, SOUP AND SANDWICHES</p> <p>Baked or Sweet Potatoes with a variety of fillings</p> <p>Cheese, Ham or Tuna Mayonnaise sandwiches</p> <p>Carrot and Coriander soup with fresh croutons</p> | <p>SALAD</p> <p>A selection of freshly made salads including coleslaw, cucumber, tomato, lettuce, mixed peppers and red onion</p> | <p>Chocolate Brownie</p> <p>Greek Yoghurt</p> <p>Fresh Fruit</p> |
| <p>MAINS</p> <p>Katsu Quorn (v)</p> <p>Katsu Chicken</p> <p>SIDES</p> <p>Steamed Rice, Curry Sauce and mixed vegetables</p> | <p>BAKED POTATOES, SOUP AND SANDWICHES</p> <p>Baked or Sweet Potatoes with a variety of fillings</p> <p>Cheese, Ham or Tuna Mayonnaise sandwiches</p> <p>French Onion soup with fresh croutons</p> | <p>SALAD</p> <p>A selection of freshly made salads including coleslaw, cucumber, tomato, lettuce, mixed peppers and red onion</p> | <p>Yoghurt and Coulis</p> <p>Greek Yoghurt</p> <p>Fresh Fruit</p> |
| <p>MAINS</p> <p>Mixed Bean Burrito(v)</p> <p>Turkey Burgers</p> <p>SIDES</p> <p>Fries, Baked Beans, or Garden Peas</p> | <p>BAKED POTATOES, SOUP AND SANDWICHES</p> <p>Baked or Sweet Potatoes with a variety of fillings</p> <p>Cheese, Ham or Tuna Mayonnaise sandwiches</p> <p>Tomato and Basil soup with fresh croutons</p> | <p>SALAD</p> <p>A selection of freshly made salads including coleslaw, cucumber, tomato, lettuce, mixed peppers and red onion</p> | <p>Fruit Pots</p> <p>Greek Yoghurt</p> <p>Fresh Fruit</p> |

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SNACK MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK 1

WEEK 2

WEEK 3

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| Apples | Satsumas | Bananas |
| Carrot Sticks | Banana Bread | Hummus and Chips |
| Popcorn – Prep Rice cake – Pre Prep | Cucumber Batons | Babybels |
| Fruit Smoothie | Dairylea and Crackers | Orange 1/4s |
| Chocolate Treat – Prep Oatcake – Pre Prep | Chocolate Treat – Prep Watermelon Triangles – Pre Prep | Chocolate Treat – Prep Small Cookies – Pre Prep |