














WEEK 1 MENU

CHOICE *One*

CHOICE *Two*

GRAB & GO *options*

	SPICE IS NICE	SPICE IS NICE
MON	Chicken Tikka Masala    Served with Wholegrain Rice and Spiced Cauliflower	Catalan Spiced Bean and Potato Stew   Served with Herb Dumpling and Spiced Cauliflower (CONTAINS GLUTEN)
	BURGER BAR	BURGER BAR
TUE	Beef Burger  Served with Baked Garlic and Herb Wedges and Corn on the Cob (CONTAINS GLUTEN)	Veggie Burger  Served with Baked Garlic and Herb Wedges and Corn on the Cob (CONTAINS GLUTEN)
	CLASSICS	CLASSICS
WED	Honey Roast Gammon Baguette Served with Roast Potatoes and Roasted Autumn Vegetables (CONTAINS GLUTEN)	Macaroni Cheese  (CONTAINS GLUTEN)
	STREET	STREET
THUR	Chicken Katsu   Served with Wholegrain Rice (CONTAINS GLUTEN)	Korean Glazed Quorn Flatbread  Served with Satay Sweetcorn (CONTAINS GLUTEN)
	FRIDAY FAVOURITES	FRIDAY FAVOURITES
FRI	Southern Fried Chicken  Served With Chips, Beans & Peas (CONTAINS GLUTEN)	Quorn Sausage Roll  Served with Chips, Baked Beans and Peas (CONTAINS GLUTEN)

HOT DISHES:

- Paninis
- Pasta and Sauces
- Freshly Baked Pizza
- 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 Cesar Wrap   

WEEK 2 MENU

CHOICE *One*

CHOICE *Two*

GRAB & GO *options*

	CLASSICS	CLASSICS
MON	Sausage and Mash Served with Vegetables and Gravy	Vegetarian Sausage and Mash  Served with Vegetables and Gravy
	FEASTIVAL	FEASTIVAL
TUE	Chilli Beef Cheese Nachos   Served with Salad <small>(CONTAINS GLUTEN)</small>	Rajasthani Red Lentil Curry    Served with Wholegrain Rice
	HOT DELI	HOT DELI
WED	Chicken Club Baguette  Served With Roast Potatoes <small>(CONTAINS GLUTEN)</small>	Roasted Rainbow Vegetables with Houmous   Served with Flatbread Fingers <small>(CONTAINS GLUTEN)</small>
	NOODLE BAR	NOODLE BAR
THUR	Mandarin Chicken  Served with Yellow Rice and Vegetables <small>(CONTAINS GLUTEN)</small>	Soya Yakisoba   Served with Vegetables <small>(CONTAINS GLUTEN)</small>
	FRIDAY FAVOURITES	FRIDAY FAVOURITES
FRI	Southern Fried Chicken Wrap  Served with Chips, Baked Beans and Peas <small>(CONTAINS GLUTEN)</small>	Cheese and Onion Bake  Served with Chips, Baked Beans and Peas <small>(CONTAINS GLUTEN)</small>



HOT DISHES:

Paninis
Pasta and Sauces
Freshly Baked Pizza
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 Cesar Wrap   

WEEK 3 MENU

CHOICE One

CHOICE Two

GRAB & GO options

	STREET	STREET
MON	Buffalo Chicken  Served with Baked Garlic and Herb Wedges, Mixed Salad and Ranch Dressing	Butterbean, Blackbean and Coconut Stew    Served with Wholegrain Rice and Mixed Salad <i>(CONTAINS GLUTEN)</i>
	PAN ASIAN	PAN ASIAN
TUE	No Nut Chicken Satay Buddah Box  Served With Wholegrain Rice	Teriyaki Vegetarian Wrap    Served with Satay Sweetcorn <i>(CONTAINS GLUTEN)</i>
	HOT DELI	HOT DELI
WED	Roast Pork and Stuffing Baguette Served with Baked Garlic and Herb Wedges <i>(CONTAINS GLUTEN)</i>	Sticky BBQ Quorn Pitta  Served with Baked Garlic and Herb Wedges <i>(CONTAINS GLUTEN)</i>
	CLASSICS	CLASSICS
THUR	Chilli Con Carne    Served With Wholegrain Rice	Chilli No Con Carne   Served With Wholegrain Rice
	FRIDAY FAVOURITES	FRIDAY FAVOURITES
FRI	Southern Fried Chicken  Served With Chips, Beans & Peas <i>(CONTAINS GLUTEN)</i>	Vegetable Tikka Sausage Roll  Served with Chips, Baked Beans and Peas <i>(CONTAINS GLUTEN)</i>

HOT DISHES:

- Paninis
- Pasta and Sauces
- Freshly Baked Pizza
- 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
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WRAPS:

- Pepper and Houmous Wrap   
- BBQ Chicken Wrap   
- Chicken Cesar Wrap   