

Six Week Menu



	MON	TUES	WED	THURS	FRI
WEEK ONE	<p>Chicken Tikka Masala With Rice and Naan Bread</p> <p>Tomato, Basil and Ricotta Bake with Garlic Bread (v)</p> <p>Hot and Cold Desserts of the Day</p>	<p>Beef Lasagne with Garlic Bread and Tossed Salad</p> <p>Falafel Burger on a Floured Bap with Wedges and Tossed Salad (v)</p> <p>Hot and Cold Desserts of the Day</p>	<p>Cumberland Sausages with Yorkshire Pudding, Mashed Potatoes, Vegetables and Gravy</p> <p>Macaroni Cheese with Garlic Bread and Tossed Salad (v)</p> <p>Hot and Cold Desserts of the Day</p>	<p>Tandoori Chicken with Wedges and Rustic Coleslaw</p> <p>Vegetable Kiev with Wedges and Coleslaw (v)</p> <p>Hot and Cold Desserts of the Day</p>	<p>Hand Battered Cod With Chips and Mushy Peas Chip Shop Curry Sauce</p> <p>Pizza with Chips and Beans (v)</p> <p>Hot and Cold Desserts of the Day</p>
WEEK TWO	<p>Italian Meatballs with Pasta and Garlic Bread</p> <p>Quorn Bolognaise with pasta and Garlic Bread (v)</p> <p>Hot and Cold Desserts of the Day</p>	<p>Sweet and Sour Chicken with Egg Fried Rice</p> <p>Vegetable Lasagne with Garlic Bread and Tossed Salad (v)</p> <p>Hot and Cold Desserts of the Day</p>	<p>Spicy Chicken Wings with Jollof Rice</p> <p>Cheese Swirls with Mashed Potatoes and Beans (v)</p> <p>Hot and Cold Desserts of the Day</p>	<p>Chicken Korma With Rice and Naan Bread</p> <p>Home Made Cheese and Onion Pie with Mashed Potatoes and Beans (v)</p>	<p>Hand Battered Cod with Chips and Mushy Peas Chip Shop Curry Sauce</p> <p>Cheese Flan with Chips and Tossed Salad (v)</p> <p>Hot and Cold Desserts of the Day</p>
WEEK THREE	<p>Chilli Beef with Rice and Garlic Bread</p> <p>Vegetable Fajita with Salsa, Soured Cream, Wedges and Tossed Salad (v)</p> <p>Hot and Cold Desserts of the Day</p>	<p>Tandoori Chicken Breast with Savoury Rice</p> <p>Vegetable Cottage Pie with Seasonal Vegetables (v)</p> <p>Hot and Cold Desserts of the Day</p>	<p>Italian Meatball Pasta Bake with Garlic Bread and Tossed Salad</p> <p>Pasta in a Fresh Tomato and Herb Sauce with Garlic Bread (v)</p> <p>Hot and Cold Desserts of the Day</p>	<p>Chicken Chimichangas with Wedges and Tossed Salad</p> <p>Cheese and Mixed Pepper Quiche with Wedges and Tossed Salad (v)</p> <p>Hot and Cold Desserts of the Day</p>	<p>Hand Battered Cod with Chips and Mushy Peas Chip Shop Curry sauce</p> <p>Pizza with Chips and Beans (v)</p> <p>Hot and Cold Desserts of the Day</p>
WEEK FOUR	<p>Chicken Fajita with Soured Cream, Salad Wedges and Tossed Salad</p> <p>Creamy Vegetable Lattice with Mashed Potatoes and Seasonal Vegetables (v)</p> <p>Hot and Cold Desserts of the Day</p>	<p>Cottage Pie with Seasonal Vegetables and Potatoes</p> <p>Chana Dhaal Karahi with Rice and Naan Bread (v)</p> <p>Hot and Cold Desserts of the Day</p>	<p>Battered Chicken Steak with Wedges and Tossed Salad</p> <p>Pasta with a Mushroom Cream Sauce with Garlic Bread (v)</p> <p>Hot and Cold Desserts of the Day</p>	<p>Chicken Rogan Josh with Rice and Naan Bread</p> <p>Southern Fried Vegan Nuggets with Wedges and Tossed Salad (v)</p> <p>Hot and Cold Desserts of the Day</p>	<p>Hand Battered Cod with Chips and Mushy Peas Chip Shop Curry Sauce</p> <p>Vegetable Pasta Bake with Garlic Bread and Tossed Salad (v)</p> <p>Hot and Cold Desserts of the Day</p>
WEEK FIVE	<p>Home Made Minced Beef and Onion Pie with Seasonal Vegetables and Potatoes</p> <p>Sweet and Sour Vegetables with Egg Fried Rice (v)</p> <p>Hot and Cold Desserts of the Day</p>	<p>Marinated Chicken Wings with Savoury Rice and Rustic Coleslaw</p> <p>Quorn Sausages with Yorkshire Pudding, Seasonal Vegetables, Mashed Potatoes and Vegetables (v)</p> <p>Hot and Cold Desserts of the Day</p>	<p>Fish Cakes with Chips and Peas</p> <p>Cheese and Onion Quiche with Wedges and Tossed Salad (v)</p> <p>Hot and Cold Desserts of the Day</p>	<p>Lamb Saag with Rice and Naan Bread</p> <p>Home Made Cheese and Onion Pie with Mashed Potatoes and Beans (v)</p> <p>Hot and Cold Desserts of the Day</p>	<p>Hand Battered Cod with Chips and Mushy Peas Chip Shop Curry Sauce</p> <p>Pizza with Chips and Beans (v)</p> <p>Hot and Cold Desserts of the Day</p>
WEEK SIX	<p>Spaghetti Bolognaise with Garlic Bread</p> <p>Chana Dhaal Karahi with Rice and Naan Bread (V)</p> <p>Hot and Cold Desserts of the Day</p>	<p>Chicken Jalfrezi with Rice and Naan Bread</p> <p>Spicy Bean Burger on a Floured Bap with Wedges and Salad (v)</p> <p>Hot and Cold Desserts of the Day</p>	<p>Home Made Chicken and Vegetable Pie with Seasonal Vegetables and Potatoes</p> <p>Quorn Bolognaise with Garlic Bread (v)</p> <p>Hot and Cold Desserts of the Day</p>	<p>Beef Lasagne with Garlic Bread and Tossed Salad</p> <p>Quorn Pasta Bake with Garlic Bread and Tossed Salad (v)</p> <p>Hot and Cold Desserts of the Day</p>	<p>Hand Battered Cod with Chips and Mushy Peas Chip Shop Curry Sauce</p> <p>Vegetable Burrito with Chips and Salad (v)</p> <p>Hot and Cold Desserts of the Day</p>

Grab and Go items also available!



Sandwiches, salads, jacket potatoes and more...every day!