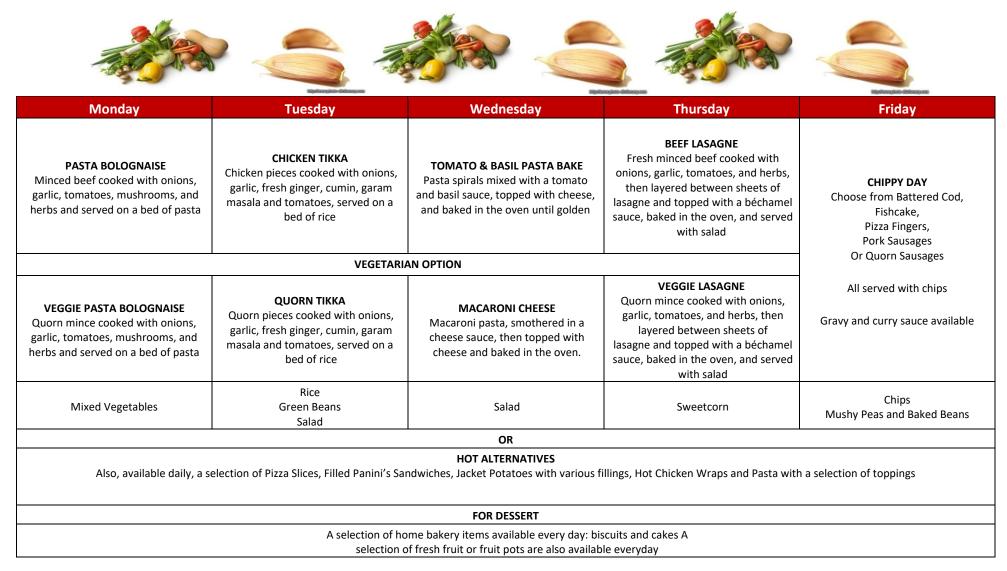
MENU CYCLE WEEK 1



Monday	Tuesday	Wednesday	Thursday	Friday
CREAMY CHICKEN CURRY Pieces of fresh chicken cooked with onions, garlic, coriander, cumin, ginger, turmeric, coconut milk and stock	MEATBALL PASTA BAKE Fresh pork meatballs baked in the oven and mixed with pasta and a homemade arrabbiata sauce, topped with cheese then baked in the oven	SAUSAGE & MASH Butchers quality sausages baked in the oven and served on a bed of creamy mashed potato with gravy	BEEF LASAGNE Fresh minced beef cooked with onions, garlic, tomatoes, and herbs, then layered between sheets of lasagne and topped with a béchamel sauce, baked in the oven, and served with salad	SOUTHERN FRIED CHICKEN WRAPS Tortilla wraps filled with breaded chicken pieces and salad served with a variety of sauces
		VEGETARIAN OPTION		
CREAMY QUORN CURRY Quorn pieces cooked with onions, garlic, coriander, cumin, ginger, turmeric, coconut milk and stock	ARRABIATTA PASTA BAKE Cooked pasta mixed with a homemade arrabbiata sauce and topped with cheese then baked in the oven	VEGGIE SAUSAGE & MASH Vegetarian sausages baked in the oven and served on a bed of creamy mashed potato with gravy	VEGGIE LASAGNE Quorn mince cooked with onions, garlic, tomatoes, and herbs, then layered between sheets of lasagne and topped with a béchamel sauce, baked in the oven, and served with salad	SOUTHERN FRIED QUORN WRAPS Tortilla wraps filled with Quorn strips and salad, served with a variety of sauces
Rice Green Beans Salad	Rice Sweetcorn Salad	Garden Peas	Sweetcorn	Fries Baked Beans or salad
		OR		
Also, available daily, a sel	ection of Pizza Slices, Filled Panini's Sanc	HOT ALTERNATIVES Iwiches, Jacket Potatoes with various fill	ings, Hot Chicken Wraps and Pasta with a	a selection of toppings
		FOR DESSERT		
		home bakery items available every day: n of fresh fruit or fruit pots are also avail		

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MENU CYCLE WEEK 2



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MENU CYCLE WEEK 3



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Monday	Tuesday	Wednesday	Thursday	Friday		
BACON CHOP A fresh bacon chop, baked in the oven and served with potato wedges and beans	CREAMY CHICKEN KORMA Pieces of fresh chicken cooked with onions, garlic, coriander, cumin, ginger, turmeric, coconut milk and stock	COTTAGE PIE Fresh minced beef cooked with onions, carrots and beef stock and topped with creamy mashed potato and baked in the oven	PASTA BOLOGNAISE Minced beef cooked with onions, garlic, tomatoes, mushrooms, and herbs and served on a bed of pasta	SOUTHERN FRIED CHICKEN WRAPS Tortilla wraps filled with breaded chicken pieces and salad served with a variety of sauces		
VEGETARIAN OPTION						
CHEESE OMELETTES Eggs seasoned and beaten with a little milk then pan fried and filled with cheese	CREAMY QUORN KORMA Quorn pieces cooked with onions, garlic, coriander, cumin, ginger, turmeric, coconut milk and stock	VEGETARIAN COTTAGE PIE Quorn mince cooked with onions, carrots and vegetable stock and topped with creamy mashed potato and baked in the oven	ARRABIATTA PASTA BAKE Cooked pasta mixed with a homemade arrabbiata sauce and topped with cheese then baked in the oven	SOUTHERN FRIED QUORN WRAPS Tortilla wraps filled with Quorn strips and salad, served with a variety of sauces		
Potato Wedges Baked Beans	Rice Peas Salad	Mashed Potato Rice Mixed Vegetables, Salad	Salad	Chips Mushy Peas and Baked Beans		
		OR		·		
Also, available daily, a s	election of Pizza Slices, Filled Panini's Sa	HOT ALTERNATIVES andwiches, Jacket Potatoes with various f	illings, Hot Chicken Wraps and Pasta wi	th a selection of toppings		
		FOR DESSERT				
		ome bakery items available every day: bis of fresh fruit or fruit pots are also availab				

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