

## MENU CYCLE WEEK 1



| Monday   | Tuesday  | Wednesday   | Thursday  | Friday  |
|--|--|---|---|---|
| <p><b>CREAMY CHICKEN CURRY</b><br/>Pieces of fresh chicken cooked with onions, garlic, coriander, cumin, ginger, turmeric, coconut milk and stock</p>                          | <p><b>ARRABIATTA PASTA BAKE</b><br/>Cooked pasta mixed with a homemade arrabiata sauce and topped with cheese then baked in the oven</p> | <p><b>SAUSAGE &amp; MASH</b><br/>Butchers quality sausages baked in the oven and served on a bed of creamy mashed potato with gravy</p> | <p><b>BEEF LASAGNE</b><br/>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</p> | <p><b>SOUTHERN FRIED CHICKEN WRAPS</b><br/>Tortilla wraps filled with breaded chicken pieces and salad, served with fries</p> |
| <b>VEGETARIAN OPTION</b>   |  |   |   |   |
| <p><b>CHEESE OMELETTES</b><br/>Eggs season and beaten with a little milk then pan fried and filled with cheese</p>   | <p><b>VEGETARIAN BALTI</b><br/>Quorn pieces cooked with onions, garlic, ginger, spices and tomatoes served on a bed of rice</p>          | <p><b>QUORN FILLET</b><br/>A Quorn fillet baked in the oven and served on a bed of creamy mashed potato with gravy</p>                  | <p><b>QUORN CHOW MEIN</b><br/>Quorn pieces cooked with onions, garlic, peppers, baby corn, soy sauce, stock, and egg noodles</p>  | <p><b>PIZZA FINGERS</b><br/>Cheese &amp; tomato pizza fingers served with fries</p>   |
| <p>Potato Wedges<br/>Baked Beans</p>   | <p>Rice<br/>Sweetcorn<br/>Salad</p>  | <p>Garden Peas</p>  | <p>Sweetcorn</p>  | <p>Fries<br/>Baked Beans or salad</p>   |
| <b>OR</b>  |  |   |   |   |
| <b>HOT ALTERNATIVES</b>  |  |   |   |   |
| Also, available daily, a selection of Pizza Slices, Filled Panini's Sandwiches, Jacket Potatoes with various fillings, Hot Chicken Wraps and Pasta with a selection of topping |  |   |   |   |
| <b>PRE-ORDER KIOSK</b>   |  |   |   |   |
| Also, available at the pre-order kiosk is sandwiches, wraps, salads, and pasta salads  |  |   |   |   |
| <b>FOR DESSERT</b>   |  |   |   |   |
| A selection of home bakery items available every day: biscuits and cakes<br>A selection of fresh fruit or fruit pots are also available everyday                               |  |   |   |   |

## MENU CYCLE WEEK 2



| Monday  | Tuesday   | Wednesday  | Thursday  | Friday  |
|---|---|--|---|---|
| <b>PASTA BOLOGNAISE</b><br>Minced beef cooked with onions, garlic, tomatoes, mushrooms, and herbs and served on a bed of pasta  | <b>CHICKEN TIKKA</b><br>Chicken pieces cooked with onions, garlic, fresh ginger, cumin, garam masala and tomatoes, served on a bed of rice        | <b>ROAST OF THE DAY</b><br>A home roasted joint of the day served with Yorkshire pudding, roast potatoes and gravy | <b>MINCE &amp; ONION PIE</b><br>Fresh minced beef cooked with onions, carrots and beef stock and topped with a pastry lid and baked in the oven until golden served with new potatoes | <b>CHIPPY DAY</b><br>Choose from Battered Cod, Fishcake, Pizza Fingers, Pork Sausages Or Quorn Sausages<br><br>All served with chips<br><br>Gravy and curry sauce available |
| <b>VEGETARIAN OPTION</b>  |   |  |   |   |
| <b>VEGETABLE FILLED FLATBREAD</b><br>A flatbread filled with spiced vegetables served with a yogurt and mint dressing   | <b>TOMATO &amp; BASIL PASTA BAKE</b><br>Pasta spirals mixed with a tomato and basil sauce, topped with cheese, and baked in the oven until golden | <b>VEGGIE BURGER</b><br>A vegetarian burger baked in the oven and served in a bun with diced potatoes              | <b>CHEESE PIE</b><br>A pastry case filled with eggs, cheese and onion then baked in the oven and served with mashed potato  |   |
| Mixed Vegetables  | Rice<br>Green Beans<br>Salad  | Roast Potatoes<br>Cauliflower<br>Carrots   | Seasonal Vegetables<br>New Potatoes<br>Salad  | Chips<br>Mushy Peas and Baked Beans   |
| <b>OR</b>   |   |  |   |   |
| <b>HOT ALTERNATIVES</b><br>Also, available daily, a selection of Pizza Slices, Filled Panini's Sandwiches, Jacket Potatoes with various fillings, Hot Chicken Wraps and Pasta with a selection of topping |   |  |   |   |
| <b>PRE-ORDER KIOSK</b><br>Also, available at the pre-order kiosk is sandwiches, wraps, salads, and pasta salads   |   |  |   |   |
| <b>FOR DESSERT</b>  |   |  |   |   |
| A selection of home bakery items available every day: biscuits and cakes<br>A selection of fresh fruit or fruit pots are also available everyday  |   |  |   |   |

## MENU CYCLE WEEK 3



| Monday  | Tuesday   | Wednesday   | Thursday  | Friday  |
|---|---|---|---|---|
| <p><b>CHICKEN ENCHILADAS</b><br/>Pieces of chicken cooked with onions, tomatoes, peppers and chilli powder, rolled in a flour tortilla and topped with more enchilada sauce and cheese and baked in the oven</p>  | <p><b>CHICKEN CHOW MEIN</b><br/>Chicken pieces cooked with onions, garlic, peppers, baby corn, soy sauce, stock, and egg noodles</p>  | <p><b>COTTAGE PIE</b><br/>Fresh minced beef cooked with onions, carrots and beef stock and topped with creamy mashed potato and baked in the oven</p> | <p><b>ARRABIATTA PASTA BAKE</b><br/>Cooked pasta mixed with a homemade arrabiatta sauce and topped with cheese then baked in the oven</p> | <p><b>SOUTHERN FRIED CHICKEN WRAPS</b><br/>Tortilla wraps filled with breaded chicken pieces and salad, served with fries</p> |
| <b>VEGETARIAN OPTION</b>  |   |   |   |   |
| <p><b>VEGETABLE FRIED RICE</b><br/>Mixed vegetables cooked with onions, garlic, cooked rice, and eggs and seasoned with soy sauce and served with curry sauce</p>   | <p><b>VEGETABLE BURRITO</b><br/>A flour tortilla filled with a selection of seasonal vegetables cooked in spices with kidney beans, rolled and topped with cheese and baked in the oven served a bed of noodles</p> | <p><b>QUORN CHOW MEIN</b><br/>Quorn pieces cooked with onions, garlic, peppers, baby corn, soy sauce, stock, and egg noodles</p>                      | <p><b>VEGGIE QUESADILLA</b><br/>Mixed vegetables served between 2 tortilla wraps with cheese and baked in the oven until golden</p>       | <p><b>PIZZA FINGERS</b><br/>Cheese &amp; tomato pizza fingers served with fries</p>   |
| Rice<br>Broccoli  | Noodles<br>Garden Peas  | Mashed Potato<br>Rice<br>Mixed Vegetables, Salad  | Salad   | Chips<br>Mushy Peas and Baked Beans   |
| <b>OR</b>   |   |   |   |   |
| <p><b>HOT ALTERNATIVES</b><br/>Also, available daily, a selection of Pizza Slices, Filled Panini's Sandwiches, Jacket Potatoes with various fillings, Hot Chicken Wraps and Pasta with a selection of topping</p> |   |   |   |   |
| <p><b>PRE-ORDER KIOSK</b><br/>Also, available at the pre-order kiosk is sandwiches, wraps, salads, and pasta salads</p>   |   |   |   |   |
| <b>FOR DESSERT</b>  |   |   |   |   |
| <p>A selection of home bakery items available every day: biscuits and cakes<br/>A selection of fresh fruit or fruit pots are also available everyday</p>  |   |   |   |   |