

## MENU CYCLE WEEK 1



Monday	Tuesday	Wednesday	Thursday	Friday
<b>CHICKEN ENCHILADAS</b> 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	<b>BEEF LASAGNE</b> 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	<b>ARRABBIATA PASTA BAKE</b> Cooked pasta mixed with a homemade arrabbiata sauce and topped with cheese then baked in the oven	<b>CREAMY CHICKEN CURRY</b> Pieces of fresh chicken cooked with onions, garlic, coriander, cumin, ginger, turmeric, coconut milk and stock.	<b>SOUTHERN FRIED CHICKEN WRAPS</b> Tortilla wraps filled with breaded chicken pieces and salad, served with fries
<b>VEGETARIAN OPTION</b>				
<b>VEGGIE ENCHILADAS</b> Pieces of Quorn 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	<b>QUORN CHOW MEIN</b> Quorn pieces cooked with onions, garlic, peppers, baby corn, soy sauce, stock, and egg noodles	<b>MACARONI CHEESE</b> Macaroni pasta covered in a homemade cheese sauce	<b>BBQ QUORN FILLET</b> A Quorn fillet topped with BBQ sauce and baked in the oven	<b>PIZZA FINGERS</b> Cheese & tomato pizza fingers served with fries
Green Salad	Oven Baked Wedges Sweetcorn	Garlic Slice Salad	Diced Potatoes, Rice Peas & Sweetcorn	Fries Baked Beans or salad
<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				
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> Minced beef cooked with onions, garlic, tomatoes, mushrooms, and herbs and served on a bed of pasta	<b>BURGER DAY</b> Choose from a beef burger, chicken burger, veggie burger or vegan burger served in a bun with lettuce, mayo, and tomato.	<b>CRUSTED CHICKEN BREAST</b> A fresh chicken breast with bread crumbed crust baked in the oven and served with mashed potato	<b>STEAK &amp; POTATO PIE</b> Fresh minced beef beef cooked slowly with onions in stock then encased in pastry and served with gravy	<b>CHIPPY DAY</b> Choose from Battered Cod, Fishcake, Pizza Fingers, Pork Sausages Or Quorn Sausages  All served with chips  Gravy and curry sauce available
<b>VEGETARIAN OPTION</b>		<b>VEGETARIAN OPTION</b>		
<b>VEGETABLE FILLED FLATBREAD</b> A flatbread filled with spiced vegetables served with a yogurt and mint dressing		<b>TOMATO &amp; BASIL PASTA BAKE</b> Pasta spirals mixed with a tomato and basil sauce, topped with cheese, and baked in the oven until golden	<b>VEGETABLE &amp; LENTIL CURRY</b> A selection of seasonal vegetables and lentils cooked in spices and served on a bed of rice with Naan bread	
Diced Potatoes Mixed Vegetables	Oven baked wedges Baked Beans	Mashed Potato Green Beans	Rice, Boiled Potatoes Broccoli, Cauliflower	Chips Mushy Peas and Baked Beans
<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 A selection of fresh fruit or fruit pots are also available everyday				

## MENU CYCLE WEEK 3



Monday	Tuesday	Wednesday	Thursday	Friday
<b>CREAMY CHICKEN CURRY</b> Pieces of fresh chicken cooked with onions, garlic, coriander, cumin, ginger, turmeric, coconut milk and stock	<b>PASTA BOLOGNAISE</b> Minced beef cooked with onions, garlic, tomatoes, mushrooms, and herbs and served on a bed of pasta	<b>SPICY BEEF STIR FRY</b> Strips of beef cooked with onions and red peppers in a sweet chilli sauce and served with a tangy salsa with rice or a baguette	<b>CHICKEN ENCHILADAS</b> 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	<b>CHIPPY DAY</b> Battered Cod, Cheese Pasty, Pork Sausages, Vegetables Spring Rolls Or Fishcakes
<b>VEGETARIAN OPTION</b>				
<b>VEGETABLE FRIED RICE</b> Mixed vegetables cooked with onions, garlic, cooked rice, and eggs and seasoned with soy sauce and served with curry sauce	<b>CHEESE OMELETTES</b> Eggs season and beaten with a little milk then pan fried and filled with cheese	<b>VEGETABLE &amp; LENTIL BURRITO</b> A flour tortilla filled with a selection of seasonal vegetables and lentils cooked in spices with kidney beans, rolled and topped with cheese and baked in the oven served a bed of rice	<b>VEGGIE BOLOGNAISE</b> Veggie mince cooked with onions, garlic, tomatoes, mushrooms, and herbs and served on a bed of pasta	All served with chips  Gravy and Curry Sauce Available
Rice Broccoli	Diced Potatoes Baked Beans	Rice Mixed Vegetables, Salad	Garlic Slice Salad	Chips Mushy Peas and Baked Beans
<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 A selection of fresh fruit or fruit pots are also available everyday				