




















WEEK 1


THIS WEEK'S


MENU


	OPTION ONE	OPTION TWO	GRAB & GO
MON	<div>STREET</div> <div>VEGGIE BURRITO </div> <div>Served with Baked Garlic and Herb Wedges and Mixed Salad</div>	<div>NOODLE BAR</div> <div>SPICED VEGETARIAN PHO  </div>	<div>HOT DISHES:</div> <div>Paninis</div> <div>Pasta and Sauces</div> <div>Freshly Baked Pizza</div> <div>Jacket Potato and Toppings</div>
TUE	<div>BURGER BAR</div> <div>BEEF BURGER</div> <div>Served with Baked Garlic and Herb Wedges and Corn on the Cob</div>	<div>BURGER BAR</div> <div>BEETROOT AND FETA BURGER  </div> <div>Served with Baked Garlic and Herb Wedges and Corn on the Cob</div>	<div>SALADS:</div> <div>Tuna and Sweetcorn Pasta Salad </div> <div>Pesto Pasta Salad  </div> <div>Greek Salad</div>
WED	<div>HOT DELI</div> <div>SPICY VIETNAMESE CHICKEN BANH MI BUN </div>	<div>HOT DELI</div> <div>STICKY BBQ QUORN PITTA </div>	<div>SANDWICHES/BAGUETTES:</div> <div>Egg Salad Sandwich </div> <div>Chicken Salad Sandwich</div> <div>Cheese and Pickle Baguette </div> <div>Tuna Mayo Baguette</div> <div>BLT Baguette</div>
THURS	<div>STREET</div> <div>CHICKEN KATSU  </div> <div>Served with Wholegrain Rice and Nut Free Satay Sweetcorn</div>	<div>STREET</div> <div>MACARONI CHEESE </div>	
FRI	<div>FRIDAY FAVOURITES</div> <div>BATTERED FISH</div> <div>Served With Baked Wedges Baked Beans and Peas</div>	<div>FRIDAY FAVOURITES</div> <div>VEGGIE BURGER </div> <div>Served With Baked Wedges Baked Bean and Peas</div>	<div>WRAPS:</div> <div>Pepper and Houmous Wrap </div> <div>BBQ Chicken Wrap</div> <div>Chicken Caesar Wrap</div>

 Vegetarian

 Vegan

 Oily Fish

 Wholegrain



















 Nutritionist's Choice

Our menu is subject to change.



















WEEK 2






THIS WEEK'S

MENU

	OPTION ONE	OPTION TWO	GRAB & GO
MON	<div>NOODLE BAR</div> <div>VEGETABLE CHOW MEIN </div>	<div>SPICE IS NICE</div> <div>SPINACH AND CHICKPEA DAHL  </div> <div>Served with Yellow Rice</div>	<div>HOT DISHES:</div> <div>Paninis</div> <div>Pasta and Sauces</div> <div>Freshly Baked Pizza</div> <div>Jacket Potato and Toppings</div> <div>SALADS:</div> <div>Tuna and Sweetcorn Pasta Salad </div> <div>Pesto Pasta Salad  </div> <div>Greek Salad</div> <div>SANDWICHES/BAGUETTES:</div> <div>Egg Salad Sandwich </div> <div>Chicken Salad Sandwich</div> <div>Cheese and Pickle Baguette </div> <div>Tuna Mayo Baguette</div> <div>BLT Baguette</div> <div>WRAPS:</div> <div>Pepper and Houmous Wrap </div> <div>BBQ Chicken Wrap</div> <div>Chicken Caesar Wrap</div>
TUE	<div>TEX MEX</div> <div>MEXICAN BEEF ENCHILADA</div> <div>Served with Baked Garlic and Herb Wedges and Tex Mex Vegetables</div>	<div>TEX MEX</div> <div>VEGETABLE FAJITA  </div> <div>Served with Baked Garlic and Herb Wedges and Tex Mex Vegetables</div>	
WED	<div>TRADITIONAL</div> <div>ROAST GAMMON</div> <div>Served with Roast Potatoes, Vegetables and Gravy</div>	<div>HOT DELI</div> <div>PERSIAN VEGETABLE PITTA  </div>	
THURS	<div>PAN-ASIAN</div> <div>CHICKEN KOTTU ROTI BOX </div> <div></div>	<div>PAN-ASIAN</div> <div>SOYA YAKISOBA  </div>	
FRI	<div>FRIDAY FAVOURITES</div> <div>SOUTHERN FRIED CHICKEN GOUJONS</div> <div>Served with Baked Wedges Baked Beans and Peas</div>	<div>FRIDAY FAVOURITES</div> <div>CHEESE AND ONION SLICE </div> <div>Served with Baked Wedges Baked Beans and Peas</div>	

# WEEK 3 THIS WEEK'S MENU

	OPTION ONE	OPTION TWO	GRAB & GO
<b>MON</b>	<b>STREET</b> <b>CHEESE AND BEAN TOASTIE</b>  Served with Spiced Wedges and Mixed Salad	<b>FEASTIVAL</b> <b>TIGER BHAJI BURGER</b>   Served with Baked Spiced Wedges and Mixed Salad	<b>HOT DISHES:</b> Paninis Pasta and Sauces Freshly Baked Pizza Jacket Potato and Toppings  <b>SALADS:</b> Tuna and Sweetcorn Pasta Salad  Pesto Pasta Salad   Greek Salad  <b>SANDWICHES/BAGUETTES:</b> Egg Salad Sandwich  Chicken Salad Sandwich Cheese and Pickle Baguette  Tuna Mayo Baguette BLT Baguette  <b>WRAPS:</b> Pepper and Houmous Wrap  BBQ Chicken Wrap Chicken Caesar Wrap
<b>TUE</b>	<b>PAN-ASIAN</b> <b>MANDARIN BBQ PORK</b>  Served with Pineapple Rice and Nut Free Satay Sweetcorn	<b>PAN-ASIAN</b> <b>SWEET AND SOUR VEGETABLES</b>    Served with Pineapple Rice and Nut Free Satay Sweetcorn	
<b>WED</b>	<b>HOT DELI</b> <b>PERSIAN CHICKEN KEBAB</b> Served with Herby Diced Potatoes and Mixed Salad	<b>HOT DELI</b> <b>STICKY BBQ PITTA</b>  Served with Herby Diced Potatoes and Mixed Salad	
<b>THURS</b>	<b>STREET</b> <b>FIRECRACKER BEEF</b>	<b>STREET</b> <b>TERIYAKI VEGETARIAN WRAP</b>    Served with Wholegrain Rice	
<b>FRI</b>	<b>FRIDAY FAVOURITES</b> <b>BATTERED FISH</b> Served with Baked Wedges Baked Beans and Peas	<b>FRIDAY FAVOURITES</b> <b>VEGETABLE GOUJONS</b>  Served with Baked Wedges Baked Beans and Peas	

 Vegetarian
  Vegan
  Oily Fish
  Wholegrain
  Nutritionist's Choice

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