



Week One: 1st September, 28th September, 2nd November, 7th December

	Mediterranean Mondays	Traditional Tuesdays	World Wednesdays	Food for Thought Thursday	Friday Favourites
Main Meal	Chicken Souvlaki served with Rice or Vegetables	Veggie Sausage served with Yorkshire Pudding, Mash Potato & Carrots	Sticky Vietnamese Chicken Noodles served with Sweetcorn Cobs	Pork, Sweet Potato & Coconut Curry served with Rice, Naan & Chutney	Fish of the Day served with Chipped Potatoes, Lemon Wedges & Peas
Food to go	Tomato Ragu Pasta Pot	Spicy Chicken Wrap & Salad	Mozzarella & Tomato Wholemeal Baguette Melt	Cheese & Tomato Pizza	Veggie Quarter Pounder served with Fries, Peas or Salad
Jacket Potato	Choose from Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Choose from Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Choose from Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Choose from Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Choose from Cheddar Cheese, Baked Beans or Tuna Mayonnaise
Sandwich Special	Ham & Cheddar Baguette	Tuna & Cucumber Wholemeal Baguette	Cheddar Ploughman's on Granary Bread	BBQ Chicken Flat Bread	Cheese Panini
Boxed Salads	Chicken Caesar Salad	Mixed Leaf Roast Chicken Salad	Tuna & Sweetcorn Pasta Salad	Greek Pesto Salad	Chefs Salad
Dessert	50% Fruity Jelly	Peach Cheesecake	Lemon Mousse Pot	Chocolate Mousse	Fruit Muffin

Freshly baked bread, fruit pots, yoghurts and salad boxes available daily – Please order in advance.

Oily fish may be included as part of the Chefs Salad.

Our menu provides a variety of dishes made from quality ingredients, cooked onsite for the optimum taste experience.



Week Two: 7th September, 5th October, 9th November, 14th December

Mediterranean Mondays

Traditional Tuesdays

World Wednesdays

Food for Thought Thursday

Friday Favourites

Main Meal

Spaghetti Bolognaise served with Homemade Herby Bread, Salad or Vegetables

Pork or Chicken & Beef Sausage served with Mash Potato, Yorkshire Pudding & Vegetables

Oriental chicken & Vegetable Egg Noodle Stir Fry

Tandoori Chicken Wrap served with Baked Potato Wedges, Salad & Mint Yoghurt

Chicken Burger served with Fries, Peas or Salad

Food to go

Cheese & Onion Quesadilla served with Salad

Vegetable Chilli Con Carne Rice Pot

Cheese Panini served with Salad

Roasted Vegetable Wrap served with Salad

Vegan Sausage Roll served with Fries, Peas or Salad

Jacket Potato

Choose from Cheddar Cheese, Baked Beans or Tuna Mayonnaise

Choose from Cheddar Cheese, Baked Beans or Tuna Mayonnaise

Choose from Cheddar Cheese, Baked Beans or Tuna Mayonnaise

Choose from Cheddar Cheese, Baked Beans or Tuna Mayonnaise

Choose from Cheddar Cheese, Baked Beans or Tuna Mayonnaise

Sandwich Special

Chicken Salad Baguette

Cheese & Pepperoni Toastie

BLT Wholemeal Baguette

Tuna Salad on Granary Bread

Fish Burger in a Bun served with Salad

Boxed Salads

Chicken Caesar Pasta Salad

Greek Pesto Salad

Tuna & Sweetcorn Pasta Salad

Sweet Chilli Chicken Noodle Pot

Chefs Salad

Dessert

Carrot Cake

Apple Crumble served with Custard

Fruits of the Forest Jelly

Lemon Tart served with Cream

Fruity Flapjack

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Week Three: 14th September, 12th October, 16th November

	Mediterranean Mondays	Traditional Tuesdays	World Wednesdays	Food for Thought Thursday	Friday Favourites
Main Meal	Macaroni Cheese served with Homemade Herby Bread & Salad	Roast Turkey served with Roast Potatoes, Carrots & Gravy	Vegetable Lasagne served with Home Baked Bread, Salad or Green Beans	Beef Chilli Con Carne served with rice and Homemade Tortilla Chips & Salad	Fish of the Day served with Chipped Potatoes, Peas or Salad
Food to go	Mozzarella & Ham Wholemeal Baguette Melt	Roasted Vegetable Pasta Pot	Fish Finger Wrap served with Salad & Lemon Mayo	Tomato & Cheese Quesadilla served with Salad	Veggie Bean Burger
Jacket Potato	Choose from Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Choose from Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Choose from Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Choose from Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Choose from Cheddar Cheese, Baked Beans or Tuna Mayonnaise
Sandwich Special	Cheese & Tomato Wholemeal Baguette	Flat Bread with Bacon, Sausage & Egg	Tuna Salad on Granary Bread	Caesar Chicken Baguette	Hot Meatball Sub
Boxed Salads	Tuna & Sweetcorn Pasta Pot	Feta & Olive Mixed Leaf Salad	Sweet Chilli Vegetable Noodles	Chicken Caesar Salad	Chefs Salad
Dessert	50% Raspberry Jelly	Fresh Fruit Salad	Forest Berry Mousse	Pear & Chocolate Sponge served with Custard	Cookie

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Oily fish may be included as part of the Chefs Salad.

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Week Four: 21st September, 19th October, 23rd November

	Mediterranean Mondays	Traditional Tuesdays	World Wednesdays	Food for Thought Thursday	Friday Favourites
Main Meal	Tomato & Basil Filo Tart served with Herby Diced Potatoes & Broccoli	Roast Chicken served with Stuffing, Roast Potatoes, Cabbage & Gravy	Oriental Turkey with soy sauce & Vegetable Noodle Stir Fry	Quorn & Vegetable Shortcrust Pie served with New Potatoes & Seasonal Vegetable	Beef Burger in a Bun served with Chipped Potatoes, Coleslaw or Salad
Food to go	Spaghetti Ham Carbonara served with Homemade Bread & Salad	Veggie Sausage Pasta Pot	Cheese & Tomato Pizza served with Salad	Chicken Tikka in a Folded Naan served with Mint Yoghurt	Fish Finger Wrap served with Salad
Jacket Potato	Choose from Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Choose from Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Choose from Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Choose from Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Choose from Cheddar Cheese, Baked Beans or Tuna Mayonnaise
Sandwich Special	Hot Spicy Chicken Baguette served with Salad	Cheese & Pickle Granary Baguette	Wholemeal Bread with Chicken & Sweetcorn	Roasted Vegetable & Salad Flat Bread	Veggie Sausage Hotdog
Boxed Salads	Tuna & Sweetcorn Pasta Pot	Feta & Olive Mixed Leaf Salad	Sweet Chilli Vegetable Noodles	Chicken Caesar Salad	Chefs Pasta Salad
Dessert	Peach Mousse	Lemon Sponge Cake	Chocolate Cookie Pot	Forest Fruit Cheesecake	Muffin

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