

# WEEK 1 MENU



	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN 1	Cheese, Basil & tomato pizza, potato wedges & coleslaw	Reggae Reggae Chicken thigh	Roast Chicken leg & Gravy	Chicken in Blackbean sauce	Oven Baked Fish (Pollack)
Main 2	Pineapple & Lentil Dahl, Braised rice, Naan bread & Mango chutney	Halloumi Burger	Roasted Quorn Fillet & Gravy	Three Bean Chilli, Braised Rice, Guacamole/ sour cream	Quorn Hotdog Roll
Carbohydrates	Braised Rice	Baked Potato Wedges	Roasted Baby Potatoes	Braised Rice	Oven Baked Chips
Vegetables	Mixed Salad Coleslaw	Mixed Salad Coleslaw	Fresh Carrots Savoy Cabbage	Mixed Salad	Mushy Peas Baked Beans
Desserts	Dessert pots Fruit Pots Organic Yoghurts	Dessert pots Fruit Pots Organic Yoghurts	Dessert pots Fruit Pots Organic Yoghurts	Dessert pots Fruit Pots Organic Yoghurts	Dessert pots Fruit Pots Organic Yoghurts

**AVAILABLE DAILY:** Jacket potatoes baked onsite with a daily choice of two toppings - Seasonal cut fruits - Mixed salad bar - Freshly baked breads (white or wholemeal)

**Future 50** Contains one or more of the top 50 most sustainable foods in the world!

Vegetarian Vegan Organic

For allergen content please speak to member of staff who will be happy to assist



Working together

# WEEK 2 MENU



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MAIN 1</b>	Oven Baked Chicken Sausage & Yorkshire Pudding	Piri Piri Chicken Thigh with Braised Rice	Roast Chicken Thigh & Gravy	Pasta Bolognese Garlic Bread	Oven Baked Fish (Pollack)
<b>Main 2</b>	Glamorgan Vegetable Sausage & Yorkshire Pudding 	Piri Piri Quorn with Braised Rice 	Roasted Quorn Fillet & Gravy 	Oriental Vegetable noodle Pot 	Roasted Vegetable Quiche 
<b>Carbohydrates</b>	Mashed Potatoes	Braised Rice	Roast Baby Potatoes	Pasta Noodles	Oven Baked Chips
<b>Vegetables</b>	Garden Peas Fresh Sliced Carrots	½ Corn on the Cob	Broccoli Fresh Glazed Carrots	Broccoli Asian Coleslaw	Mushy Peas Baked Beans 
<b>Desserts</b>	Dessert pots Fruit Pots Organic Yoghurts 	Dessert pots Fruit Pots Organic Yoghurts 	Dessert pots Fruit Pots Organic Yoghurts 	Dessert pots Fruit Pots Organic Yoghurts 	Dessert pots Fruit Pots Organic Yoghurts 

**AVAILABLE DAILY:** Jacket potatoes baked onsite with a daily choice of two toppings - Seasonal cut fruits - Mixed salad bar - Freshly baked breads (white or wholemeal)

 **Future 50** Contains one or more of the top 50 most sustainable foods in the world!

 **Vegetarian**  **Vegan**  **Organic**

**For allergen content please speak to member of staff who will be happy to assist**




# WEEK 3 MENU



	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN 1	Chicken Pasta With Tomato sauce & Garlic Bread	Chicken and Spinach Korma	Roast Chicken Leg & Gravy	Minced Beef Pie & Mashed Potato	Oven Baked Fish (Pollack)
Main 2	Macaroni Cheese & Garlic Bread 	Chickpea, Spinach & sweet potato curry 	Roasted Quorn Fillet & Gravy 	Lentil & Vegetable Cottage pie 	Cheese & onion Pasty 
Carbohydrates	Pasta	Braised Rice Naan bread	Steamed Baby Potatoes	Mashed Potato	Oven Baked Chips
Vegetables	Broccoli Florets	Mango chutney	Sweetcorn Carrots	Swede Garden Peas	Mushy Peas  Baked Beans
Desserts	Dessert pots Fruit Pots Organic Yoghurts 	Dessert pots Fruit Pots Organic Yoghurts 	Dessert pots Fruit Pots Organic Yoghurts 	Dessert pots Fruit Pots Organic Yoghurts 	Dessert pots Fruit Pots Organic Yoghurts 

**AVAILABLE DAILY:** Jacket potatoes baked onsite with a daily choice of two toppings - Seasonal cut fruits - Mixed salad bar - Freshly baked breads (white or wholemeal)

 **Future 50** Contains one or more of the top 50 most sustainable foods in the world!

 Vegetarian  Vegan  Organic

For allergen content please speak to member of staff who will be happy to assist



Working together