

# WEEK 1 MENU

## CHOICE *One*

## CHOICE *Two*

## GRAB & GO OPTIONS

<b>MON</b>	<b>Traditional Cottage Pie</b> 🍷 🍲 Served with Vegetables and Gravy	<b>Vegetarian Sausages</b> 🌱 Served with Mashed Potato, Vegetables and Gravy
<b>TUE</b>	<b>Turkey Con Chilli</b> 🍷 🌱 🍲 Served with Wholegrain Rice	<b>Feta and Beetroot Burger</b> 🌱 Served with Chipotle Wedges and Salad
<b>WED</b>	<b>Roast Chicken</b> 🍲 Served with Mashed Potato, Vegetables & Gravy	<b>Vegetarian Cottage Pie</b> 🌱 🍷 Served with Vegetables and Gravy
<b>THUR</b>	<b>Smokey Chicken Pasta Bake</b> 🍲 Served with Salad	<b>Sweet Potato and Bean Enchilada</b> 🌱 Served with American Slaw
<b>FRI</b>	<b>The Sausage Dog</b> 🍲 Served with Chips, Peas and Baked Beans	<b>Mac &amp; Cheese Pot</b> 🌱 Served with Chips and Peas

### WEEKLY SPECIAL

#### ● Roasted Indian Chickpea Salad 🌱 ●

#### SALADS:

Tuna and Sweetcorn Pasta Salad  
Pesto Pasta Salad 🌱 🍷 🌱

#### SANDWICHES/BAGUETTES:

Cheese  
Cheese Ploughman's  
Chicken Mayo  
Chicken Salad  
Tuna

#### WRAPS:

Tuna Crunch Wrap 🌱  
Pepper and Houmous Wrap 🌱 🌱

#### HOT DISHES:

Paninis  
Pasta & Sauces  
Freshly Baked Pizza  
Love Joe's Mexican Burrito 🍲

# WEEK 2 MENU

## CHOICE *One*

## CHOICE *Two*

## GRAB & GO OPTIONS

<b>MON</b>	<b>Chicken Shawarma Flatbread</b>  Served with Salad	<b>Vegetarian Mexican Tortilla Pie</b>   Served with Wholegrain Rice and Vegetables
<b>TUE</b>	<b>Southern Fried Chicken Katsu</b>   Served with Wholegrain Rice and Vegetables	<b>Yellow Vegetable Curry</b>    Served with Wholegrain Rice and Vegetables
<b>WED</b>	<b>Sloppy Joe Burger</b>  Served with Baked Garlic & Herb Wedges and Salad	<b>Louisiana Soul Bowl</b>   Served with Mexican Yellow Rice and American Slaw
<b>THUR</b>	<b>Chicken and Vegetable Tikka Masala</b>    Served with Wholegrain Rice and Sweetcorn	<b>Roasted Cauliflower and Chickpea Korma</b>    Served with Wholegrain Rice and Sweetcorn
<b>FRI</b>	<b>Fish and Chips</b> Served with Peas and Baked Beans	<b>The Veggie Dog</b>  Served with Peas and Baked Beans

### WEEKLY SPECIAL

#### • Moroccan Chicken Salad •

#### SALADS:

Tuna and Sweetcorn Pasta Salad  
Pesto Pasta Salad   


#### SANDWICHES/BAGUETTES:

Cheese  
Cheese Ploughman's  
Chicken Mayo  
Chicken Salad  
Tuna

#### WRAPS:

Tuna Crunch Wrap   
Pepper and Houmous Wrap  

#### HOT DISHES:

Paninis  
Pasta & Sauces  
Freshly Baked Pizza  
Love Joe's Mexican Burrito 

# WEEK 3 MENU

## CHOICE *One*

## CHOICE *Two*

## GRAB & GO OPTIONS

<b>MON</b>	<b>BBQ Chicken Meatballs</b>   Served with Wholewheat Pasta, Pizza Pinwheel and Green Beans	<b>Cauliflower Mac'n'Cheese</b>    Served with Pizza Pinwheel and Salad
<b>TUE</b>	<b>Teriyaki Chicken Soul Bowl</b>    Served with Pineapple Rice, Crunchy Slaw and Peas	<b>Vegan Chili</b>    Served with Wholegrain Rice and Peas
<b>WED</b>	<b>Roast Turkey</b>  Served with Roast Potatoes, Vegetables and Gravy	<b>Blackeye Bean Burger</b>  Served with Baked Garlic and Herb Wedges and American Slaw
<b>THUR</b>	<b>Sticky Chicken and Vegetable Noodles</b>   Served with Wholegrain Rice	<b>Sweet and Sour Vegetables</b>    Served with Wholegrain Rice
<b>FRI</b>	<b>Southern Fried Chicken Goujons</b>  Served with Chips, Peas and Baked Beans	<b>Mexican Loaded Wedges</b>  Served with Peas and Baked Beans

### WEEKLY SPECIAL

- **Sweet Chilli Chicken Noodle Salad**  •

#### SALADS:

Tuna and Sweetcorn Pasta Salad  
Pesto Pasta Salad   

#### SANDWICHES/BAGUETTES:

Cheese  
Cheese Ploughman's  
Chicken Mayo  
Chicken Salad  
Tuna

#### WRAPS:

Tuna Crunch Wrap   
Pepper and Houmous Wrap  

#### HOT DISHES:

Paninis  
Pasta & Sauces  
Freshly Baked Pizza  
Love Joe's Mexican Burrito 