WEEK 1 MENU

MONDAY	TUESDAY
MEAL D£AL Choose from **Veggie sausages & Mashed potatoes Or Pork or chicken sausages & Mash** served with Gravy & Veg **Plus... a Dessert of the day**	**MEAL D£AL** Choose from **Vegetable chilli corn carne** or **Beef chilli corn carne** served with Rice & Veg **Plus... a Dessert of the day**
The Greek- Topped Hot Dog served with Wedges	**Penne Pasta in a Tomato & Herb Sauce** served with Garlic & Oregano Bread

WEDNESDAY	THURSDAY	FRIDAY
MEAL D£AL Choose from **Penne Pasta in Arrabiata Sauce** or **Roast Pork Loin or Chicken** served with Roast Potatoes, Veg and Gravy **Plus... a Dessert of the day**	**MEAL D£AL** Choose from **Mac & Cheese and garlic Bread** or **Chicken casserole and Rice** served with Sides **Plus... a Dessert of the day**	**MEAL D£AL** Choose from **Sweet Chilli Quorn Dipper Wrap** or **Battered Fish** served with Chips and Veg **Plus... a Dessert of the day**
Thai Vegetable Noodles	**Roasted Vegetable & Feta Wraps** served with Paprika Wedges	**Korean BBQ Wedges** served with Sides

JACKETS Served with a selection of toppings including Grated Cheddar, Tuna Mayonnaise, Baked Beans, + daily hot specials

FRESH SEASONAL VEGGIES AVAILABLE EVERY DAY

Low carbon meals have at least 38% lower carbon emissions then the average meal. Learn more about this calculation at www.eatcoolfood.org

Plant Based
Vegetarian
Halal option available
Low Carbon

WEEK 2 MENU

MONDAY

MEAL D£AL

Choose from

Sticky BBQ Quorn Meatballs

or **Sticky BBQ Chicken Meatballs**

served with Rice & Veg

Plus... a Dessert of the day

Margherita Pizza

served with wedges

TUESDAY

MEAL D£AL

Choose from

Mac & Cheese and Tandoori squash

Or Mac & Cheese and Garlic Bread

served with Sides

Plus... a Dessert of the day

Thai Veggie Noodles

WEDNESDAY

MEAL D£AL

Choose from

Sweet Potato Veggie Shepherd's Pie and Sides

or **Honey Glazed Roast Gammon or Roast Chicken**

served with Crispy Potatoes, Veg and Gravy

Plus... a Dessert of the day

Cheese Tomato Puff

served with chips

THURSDAY

MEAL D£AL

Choose from

Peri Peri Veggie Strips

Or

Peri Peri Chicken

served with Spicy Rice & Sides

Plus... a Dessert of the day

Vegetable & Mixed Bean Fajita

served with Wedges

FRIDAY

MEAL D£AL

Choose from

Sweet Potato, Pepper Coconut Curry & Rice

Or Battered Fish

served with Chips and Veg

Plus... a Dessert of the day

Penne Pasta in Tomato Sauce

served with Garlic Bread

JACKETS Served with a selection of toppings including Grated Cheddar, Tuna Mayonnaise, Baked Beans, + daily hot specials

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Vegetarian

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WEEK 3 MENU

MONDAY

MEAL D£AL

Choose from

Cajun Mayo Topped Hot Dog

or **Cajun Chicken Thigh Burger**

served with Paprika Wedges & Sides

Plus... a Dessert of the day

Masala Paneer Burroti

served with Street Rice (V)

TUESDAY

MEAL D£AL

Choose from

Veggie Bolognese

or **Beef Bolognese**

served with Spaghetti & Sides

Plus... a Dessert of the day

Margherita

served with Garlic & Paprika Wedges (V)

WEDNESDAY

MEAL D£AL

Choose from

Cheese & Onion Pasty (V)

or **Roast Pork or Chicken**

served with Roast Potatoes, Veg & Gravy

Plus... a Dessert of the day

Penne Pasta in Tuscan Bean Sauce

served with Rosemary Bread

THURSDAY

MEAL D£AL

Choose from

Mac & Cheese and Honey & Ginger Veggie Strips Or Mac & Cheese and Chinese Chicken

served with Sides

Plus... a Dessert of the day

Sweet chili Noodle

FRIDAY

MEAL D£AL

Choose from

Quorn Dipper Katsu Curry with Rice

or **Battered Fish or Fish cake**

served with chips and Veg

Plus... a Dessert of the day

Vegetable & Mixed Bean Burrito

served with Chips

JACKETS Served with a selection of toppings including Grated Cheddar, Tuna Mayonnaise, Baked Beans, + daily hot specials

F R E S H S E A S O N A L V E G G I E S A V A I L A B L E E V E R Y D A Y

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- Plant Based
- V Vegetarian
- H Halal option available
- Low Carbon