

EXPRESS - COLD

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BAGUETTES

Ham
Cheese
Ham & Cheese
Tuna Mayo
BLT

Ham
Cheese
Ham & Cheese
Tuna Mayo
BLT

Ham
Cheese
Ham & Cheese
Tuna Mayo
BLT

Ham
Cheese
Ham & Cheese
Tuna Mayo
BLT

Ham
Cheese
Ham & Cheese
Tuna Mayo
BLT

FRUIT

Apples
Grapes
Watermelon
Honeydew
Melon

Apples
Grapes
Watermelon
Honeydew
Melon

Apples
Grapes
Watermelon
Honeydew
Melon

Apples
Grapes
Watermelon
Honeydew
Melon

Apples
Grapes
Watermelon
Honeydew
Melon

TREATS

Cookies
Shortbread
Flapjack
Rock Cakes

Cookies
Shortbread
Flapjack
Rock Cakes

Cookies
Shortbread
Flapjack
Rock Cakes

Cookies
Shortbread
Flapjack
Rock Cakes

Cookies
Shortbread
Flapjack
Rock Cakes

DESSERTS

Jelly
Angel Delight
Yoghurt

Jelly
Angel Delight
Yoghurt

Jelly
Angel Delight
Yoghurt

Jelly
Angel Delight
Yoghurt

Jelly
Angel Delight
Yoghurt



DELI COUNTER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

HOT BAR

Meatball Sub
Southern Fried
Chicken Wrap
Teriyaki
Noodles

Halloumi Fries
& Dip
Burgers
Potato Crispy
Cubes

Sausage Roll
Vegetable
Samosa
Mac & Cheese
Bites

Seasoned
Wedges
All Day
Breakfast Bucket
Tikka Naan

Pepperoni
Pizza
Cheese Pizza

Onion Rings

PANINI

Cheese
Ham
& Cheese

Cheese
Ham
& Cheese

Cheese
Ham
& Cheese

Cheese
Ham
& Cheese

Cheese
Ham
& Cheese

SALADS

Ham Salad
Egg Salad
Cheese Salad

Ham Salad
Egg Salad
Cheese Salad

Ham Salad
Egg Salad
Cheese Salad

Ham Salad
Egg Salad
Cheese Salad

Ham Salad
Egg Salad
Cheese Salad

COLD FILLINGS

Tuna
Cheese

Tuna
Cheese

Tuna
Cheese

Tuna
Cheese

Tuna
Cheese



HOT TRADITIONS - WEEK ONE

MAIN COURSE

MONDAY

Chicken Tikka
Masala

TUESDAY

Sausages and
Gravy

WEDNESDAY

Fajita Chicken
with Peppers

THURSDAY

Spaghetti
Bolognese

FRIDAY

Battered
Chicken

VEGETARIAN

Quorn Tikka
Masala

Quorn
Sausage

Quorn Fajita

Garlic Bread

Breaded Fish

SIDES

Naan Bread
Rice

Mashed Potato
Peas

Rice

Spaghetti

Chips
Baked Beans
Peas

HOT FILLINGS

Baked Beans

Baked Beans

Baked Beans

Baked Beans

Baked Beans

PASTA SAUCE

Tomato

Tomato

Tomato

Tomato

Tomato



HOT TRADITIONS - WEEK TWO

MAIN COURSE

MONDAY

Chinese
Chicken Rice

TUESDAY

Hamburger
Pasta Bake

WEDNESDAY

Popcorn
Chicken

THURSDAY

Macaroni
Cheese & Ham

FRIDAY

Battered
Chicken

VEGETARIAN

Quorn Fried
Rice

Cheese &
Potato Pie

Quorn
Nuggets

Macaroni
Cheese

Breaded Fish

SIDES

Peas

Broccoli

Wedges
Carrots

Salad

Chips
Baked Beans
Peas

HOT FILLINGS

Baked Beans

Baked Beans

Baked Beans

Baked Beans

Baked Beans

PASTA SAUCE

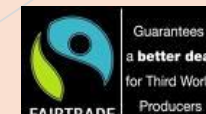
Tomato

Tomato

Tomato

Tomato

Tomato



HOT TRADITIONS - WEEK THREE

MAIN COURSE

MONDAY

Sweet & Sour
Chicken

TUESDAY

Nachos

WEDNESDAY

Meatballs in
Tomato Sauce

THURSDAY

Chicken Curry

FRIDAY

Battered
Chicken

VEGETARIAN

Quorn Sweet
& Sour

Quorn Nacho

Quorn Balls in
Tomato Sauce

Quorn Curry

Breaded Fish

SIDES

Rice
Peppers

Guacamole
Salsa

Salad

Naan Bread

Chips
Baked Beans
Peas

HOT FILLINGS

Baked Beans

Baked Beans

Baked Beans

Baked Beans

Baked Beans

PASTA SAUCE

Tomato

Tomato

Tomato

Tomato

Tomato

