

## EXPRESS YOURSELF

### BAGUETTES

#### MONDAY

Ham  
Cheese  
Tuna Mayo  
BLT

#### TUESDAY

Ham  
Cheese  
Tuna Mayo  
BLT

#### WEDNESDAY

Ham  
Cheese  
Tuna Mayo  
BLT

#### THURSDAY

Ham  
Cheese  
Tuna Mayo  
BLT

#### FRIDAY

Ham  
Cheese  
Tuna Mayo  
BLT

### FRUIT

Apples  
Grapes  
Satsuma

### TREATS

Cookies  
Shortbread  
Assorted  
Cakes

### SOUP

Chicken  
Tomato



Chicken  
Tomato



Chicken  
Tomato



Chicken  
Tomato



# DELI COUNTER - WEEK 1-3

## HOT BAR

## PANINI

## SALADS

## JACKET POTATO FILLINGS

### MONDAY

Southern  
Fried/Plain  
Chicken Wrap  
Seasoned  
Wedges  
Sausage Muffins

Cheese  
Ham  
& Cheese

Ham Salad  
Egg Salad  
Cheese Salad

Tuna  
Baked Beans



### TUESDAY

Beef Burgers  
Cheese Burgers  
Hotdogs  
Potato Crispy  
Cubes

Cheese  
Ham  
& Cheese

Ham Salad  
Egg Salad  
Cheese Salad

Tuna  
Baked Beans



### WEDNESDAY

Mac & Cheese  
Bites  
Southern  
Fried/Plain  
Chicken Wrap  
Tikka Naan

Cheese  
Ham  
& Cheese

Ham Salad  
Egg Salad  
Cheese Salad

Tuna  
Baked Beans



### THURSDAY

Sausage Rolls  
Vegetable  
Samosa  
Gyro Chicken  
Wraps

Cheese  
Ham  
& Cheese

Ham Salad  
Egg Salad  
Cheese Salad

Tuna  
Baked Beans



### FRIDAY

Pepperoni Pizza  
Cheese Pizza  
Vegetable Pizza  
Onion Rings

Cheese  
Ham  
& Cheese

Ham Salad  
Egg Salad  
Cheese Salad

Tuna  
Baked Beans



# HOT TRADITIONS - WEEK ONE

## MAIN COURSE

### MONDAY

Pasta  
Bolognase

### TUESDAY

Chicken Tikka  
Masala

### WEDNESDAY

Cheese and  
Potato Pie with  
Bacon

### THURSDAY

Chilli con Carne

### FRIDAY

Battered  
Chicken

## VEGETARIAN

Quorn  
Bolognase

Quorn Tikka  
Masala

Cheese and  
Potato Pie

Quorn Chilli

Breaded Fish

## SIDES

Garlic Bread

Rice  
Naan Bread

Salad

Rice

Chips

## HOT FILLINGS

Baked Beans

Baked Beans

Baked Beans

Baked Beans

Baked Beans

## PASTA SAUCE

Tomato

Tomato

Tomato

Tomato

Tomato



Just Eat More  
(fruit & veg)



# HOT TRADITIONS - WEEK TWO

## MAIN COURSE

### MONDAY

Sausages

### TUESDAY

Macaroni Cheese  
and Ham

### WEDNESDAY

Cottage Pie

### THURSDAY

Meatballs in  
tomato sauce

### FRIDAY

Battered  
Chicken

## VEGETARIAN

Quorn  
Sausages

Macaroni

Quorn Cottage  
Pie

Quorn Balls in  
tomato sauce

Breaded Fish

## SIDES

Peas  
Mashed Potato

Salad

Vegetables

Pasta

Chips

## 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

Chicken Korma

### TUESDAY

Nachos

### WEDNESDAY

BBQ Chicken  
Drumsticks

### THURSDAY

Lasagne

### FRIDAY

Battered  
Chicken

## VEGETARIAN

Quorn Korma

Nachos

Vegetable Rice

Quorn  
Lasagne

Breaded Fish

## SIDES

Rice  
Naan Bread

Guacamole  
Salsa

Corn on the  
Cob  
Bread Roll

Green Beans

Chips

## HOT FILLINGS

Baked Beans

Baked Beans

Baked Beans

Baked Beans

Baked Beans

## PASTA SAUCE

Tomato

Tomato

Tomato

Tomato

Tomato

