

HOT TRADITIONS - WEEK ONE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN COURSE

Sweet and Sour Chicken

Nachos

Chinese Chicken

Meatballs in tomato sauce with pasta

Battered Chicken with chips

VEGETARIAN



Quorn Sweet and Sour

Vegetable Lasagne

Quorn Sausage, Sweet Potato and Broccoli Tray Bake

Quorn Balls in tomato sauce with pasta

Breaded Fish with chips

SIDES



Rice Peppers

Salad

Rice

Garlic Bread

Beans Peas

HOT FILLINGS



Baked Beans
Cheese
Tuna
Butter

Baked Beans
Cheese
Tuna
Butter

Baked Beans
Cheese
Tuna
Butter

Baked Beans
Cheese
Tuna
Butter

Baked Beans
Cheese
Tuna
Butter

PASTA SAUCE



Tomato – with or without cheese

Roasted vegetable – with or without cheese

Pesto – with or without cheese

Tomato – with or without cheese



Guarantees a better deal for Third World Producers

HOT TRADITIONS - WEEK TWO

MONDAY

MAIN COURSE



Chicken Tikka
Masala

TUESDAY

Sausage and
Gnocchi Tray
Bake

WEDNESDAY

Cheese and
Potato Pie with
Bacon

THURSDAY

Spaghetti
Bolognaise

FRIDAY

Battered
Chicken

VEGETARIAN



Quorn Tikka
Masala

Egg Bites

Vegetable
Quiche

Quorn
Bolognaise

Breaded Fish

SIDES



Rice
Naan Bread

Wedges

Wedges

Garlic Bread
Salad

Chips
Beans
Peas

HOT FILLINGS

Baked Beans
Cheese
Tuna
Butter

Baked Beans
Cheese
Tuna
Butter

Baked Beans
Cheese
Tuna
Butter

Baked Beans
Cheese
Tuna
Butter

Baked Beans
Cheese
Tuna
Butter

PASTA SAUCE



Pesto – with
or without
cheese

Tomato – with
or without
cheese

Cheese and
Broccoli – with
or without
cheese

Tomato – with
or without
cheese



GRAB AND GO - WEEK ONE

MONDAY

GRAB AND GO



Teriyaki
Chicken
Noodle Pot

GRAB AND GO



Mini Hasselback
Potatoes with
Sour Cream Dip

GRAB AND GO



Spanish Frittata

GRAB AND GO



Steak Bake

PANINI OPTION

Ham & Cheese
Cheese
Cheese &
Tomato

TUESDAY

Egg Bites (Ham
and Cheese or
Spinach and
Cheese)

Hotdogs

Seasoned
Wedges

BBQ Pulled
Pork Bap

Ham & Cheese
Cheese
Cheese &
Tomato

WEDNESDAY

Fajita Chicken
Wrap with
Peppers

Mini Vegetable
Spring Rolls

Sausage Rolls

Potato
Noisettes

Ham & Cheese
Cheese
Cheese &
Tomato

THURSDAY

Chicken Chow
Mein Pots

Southern Fried
Chicken Wrap

Falafel Bites

Mac and
Cheese Pots

Ham & Cheese
Cheese
Cheese &
Tomato

FRIDAY

Pepperoni
Pizza

Cheese Pizza

Onion Rings

Chips

Ham & Cheese
Cheese
Cheese &
Tomato



GRAB AND GO - WEEK TWO

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

GRAB AND GO



Southern Fried
Chicken Wrap

Cheeseburgers

Mac and
Cheese Bites

Beef Burritos

Pepperoni
Pizza

GRAB AND GO



Lamb Balls with
Minted Couscous

Beefburgers

Popcorn
Chicken pot

Tikka Naan

Cheese Pizza

GRAB AND GO



Meatball Subs

Cheese and
Onion Pasty

Crispy Cubes

Gyro Chicken
Wraps

Onion Rings

GRAB AND GO



Mozzerella
Sticks with
Tomato Dip

Breakfast Pot
(Bacon, Hash
Brown and Baked
Beans

Doner Kebab
with Salad in
Pitta Bread

Seasoned
Wedges

Chips

PANINI OPTION

Ham & Cheese
Cheese
Cheese &
Tomato

Ham & Cheese
Cheese
Cheese &
Tomato

Ham & Cheese
Cheese
Cheese &
Tomato

Ham & Cheese
Cheese
Cheese &
Tomato

Ham & Cheese
Cheese
Cheese &
Tomato



DELI COUNTER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BAGUETTES



Ham
Ham & Cheese
Tuna Mayo
Cheese
Chicken, Bacon &
Mayo
BLT
Quorn Tikka

Ham
Ham & Cheese
Tuna Mayo
Cheese
Chicken, Bacon &
Mayo
BLT
Quorn Tikka

Ham
Ham & Cheese
Tuna Mayo
Cheese
Chicken, Bacon &
Mayo
BLT
Quorn Tikka

Ham
Ham & Cheese
Tuna Mayo
Cheese
Chicken, Bacon &
Mayo
BLT
Quorn Tikka

Ham
Ham & Cheese
Tuna Mayo
Cheese
Chicken, Bacon &
Mayo
BLT
Quorn Tikka

SALADS



Feta
Egg
Ham
Cheese

Feta
Egg
Ham
Cheese

Feta
Egg
Ham
Cheese

Feta
Egg
Ham
Cheese

Feta
Egg
Ham
Cheese

FRUIT



Melon
Grapes
Apples
Strawberries
Raspberries
Blueberries
Oranges

Melon
Grapes
Apples
Strawberries
Raspberries
Blueberries
Oranges

Melon
Grapes
Apples
Strawberries
Raspberries
Blueberries
Oranges

Melon
Grapes
Apples
Strawberries
Raspberries
Blueberries
Oranges

Melon
Grapes
Apples
Strawberries
Raspberries
Blueberries
Oranges

DESSERTS AND TREATS



Biscuit of the Day
Angel Delight
Jelly
Yoghurt

Biscuit of the Day
Angel Delight
Jelly
Yoghurt

Biscuit of the Day
Angel Delight
Jelly
Yoghurt

Biscuit of the Day
Angel Delight
Jelly
Yoghurt

Biscuit of the Day
Angel Delight
Jelly
Yoghurt



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