

HOT TRADITIONS - WEEK ONE

MAIN COURSE

MONDAY

Chilli Con Carne

TUESDAY

Chicken and
Vegetable Pie

WEDNESDAY

Meatballs in
Tomato Sauce

THURSDAY

Sausage and
Mash

FRIDAY

Battered
Chicken with
chips

VEGETARIAN



Lentil and
Bean Chilli

Fajita
Vegetables and
Brown Rice

Ratatouille Tart
with Salad

Lentil Cottage
Pie with
Broccoli

Breaded Cod
with chips

SIDES



Lentils
Brown Rice

Butternut
Squash
Gravy

Wholemeal
Pasta

Peas
Gravy

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



Wholemeal
Tomato – with
or without
cheese

Wholemeal
Nut Free Pesto
– with or
without cheese

Wholemeal
Tomato – with
or without
cheese

Wholemeal
Nut Free Pesto
– with or
without cheese



HOT TRADITIONS - WEEK TWO

MAIN COURSE



Spaghetti
Bolognaise

TUESDAY

Sausage and
Gnocchi Tray
Bake

WEDNESDAY

Cheese and
Potato Pie with
Bacon

THURSDAY

Spaghetti
Bolognaise

FRIDAY

Battered
Chicken

VEGETARIAN



Vegetable
Lasagne with
Salad

Sweet Potato,
Chickpea and
Spinach Curry

Mac and
Cheese

Bell Pepper
Quiche

Breaded Cod

SIDES



Lentils
Salad

Rice
Naan

Broccoli

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



Wholemeal
Tomato – with
or without
cheese

Wholemeal
Nut Free Pesto
– with or
without cheese

Wholemeal
Tomato – with
or without
cheese

Wholemeal
Nut Free – with
or without
cheese



GRAB AND GO - WEEK ONE

GRAB AND GO



Southern Fried
Chicken Wrap
with Salad

GRAB AND GO



Seasoned
Wedges

GRAB AND GO



Lemon, Chilli
and Tuna
Spaghetti Pots

GRAB AND GO



Chicken Soup
with Bread Roll

PANINI OPTION

Ham & Cheese
Cheese
Cheese &
Tomato

MONDAY

TUESDAY

Crustless Quiche

Chicken and
Salad Kebab

Hotdogs

Tomato Soup
with Bread Roll

Ham & Cheese
Cheese
Cheese &
Tomato

WEDNESDAY

Burrito with
Salad

Vege Burrito
with Salad

Crispy Cubes

Chicken Soup
with Bread Roll

Ham & Cheese
Cheese
Cheese &
Tomato

THURSDAY

Chicken Fried
Rice with Peas

Sausage Roll

Hash Browns

Tomato Soup
with Bread Roll

Ham & Cheese
Cheese
Cheese &
Tomato

FRIDAY

Pepperoni
Pizza

Cheese Pizza

Onion Rings

Chips

Ham & Cheese
Cheese
Cheese &
Tomato



GRAB AND GO - WEEK TWO

GRAB AND GO



Egg Fried Rice
and Peas

GRAB AND GO



Sweet Chilli
Chicken Wrap
with Lettuce

GRAB AND GO



Burgers

GRAB AND GO



Chicken Soup
with Bread Roll

PANINI OPTION



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Fish Finger
Butty with
Lettuce

Seasoned
Wedges

Pork Bap with
Stuffing and
Apple Sauce

Tomato Soup
with Bread Roll

Ham & Cheese
Cheese
Cheese &
Tomato

Chicken and
Cheese
Quesadilla

Taco Bean and
Cheese
Quesadilla

Crispy Cubes

Chicken Soup
with Bread Roll

Ham & Cheese
Cheese
Cheese &
Tomato

Chicken Hot Pot

Southern Fried
Chicken Wrap
with Salad

Garlic and
Herb Potatoes

Total Soup with
Bread Roll

Ham & Cheese
Cheese
Cheese &
Tomato

Pepperoni
Pizza

Cheese Pizza

Onion Rings

Chips

Ham & Cheese
Cheese
Cheese &
Tomato

DELI COUNTER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BAGUETTES



Ham
Ham & Cheese
Tuna Mayo
Cheese
BLT

Ham
Ham & Cheese
Tuna Mayo
Cheese
BLT

Ham
Ham & Cheese
Tuna Mayo
Cheese
BLT

Ham
Ham & Cheese
Tuna Mayo
Cheese
BLT

Ham
Ham & Cheese
Tuna Mayo
Cheese
BLT

BISCUITS



Assorted
Selection

Assorted
Selection

Assorted
Selection

Assorted
Selection

Assorted
Selection

FRUIT



Grapes
Apples
Satsuma
Banana

Grapes
Apples
Satsuma
Banana

Grapes
Apples
Satsuma
Banana

Grapes
Apples
Satsuma
Banana

Grapes
Apples
Satsuma
Banana

CAKE



Assorted
Selection

Assorted
Selection

Assorted
Selection

Assorted
Selection

Assorted
Selection



Guarantees
a **better deal**
for Third World
Producers

WEEK 1 AND 2

BREAK

MONDAY

Yoghurt with
Fruit
Fruit Pots
Cereal
Porridge
Toast
Scrambled Egg
on Toast
Bacon Roll



TUESDAY

Yoghurt with
Fruit
Fruit Pots
Cereal
Porridge
Toast
Scrambled Egg
on Toast
Bacon Roll



WEDNESDAY

Yoghurt with
Fruit
Fruit Pots
Cereal
Porridge
Toast
Scrambled Egg
on Toast
Bacon Roll



THURSDAY

Yoghurt with
Fruit
Fruit Pots
Cereal
Porridge
Toast
Scrambled Egg
on Toast
Bacon Roll



FRIDAY

Yoghurt with
Fruit
Fruit Pots
Cereal
Porridge
Toast
Scrambled Egg
on Toast
Bacon Roll

