HOT TRADITIONS - WEEK ONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Chilli Con Carne	Chicken and Vegetable Pie	Meatballs in Tomato Sauce	Sausage and Mash	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	

Guarantees a better deal for Third World Producers

HOT TRADITIONS - WEEK TWO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Spaghetti Bolognaise	Chicken Tikka Masala	Roast Chicken and Gravy	Cottage Pie and Gravy	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	Mashed Potato Peas	Broccoli	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	

Guarantees a better deal for Third World Producers

GRAB AND GO - WEEK ONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GRAB AND GO	Southern Fried Chicken Wrap with Salad	Crustless Quiche	Burrito with Salad	Chicken Fried Rice with Peas	Pepperoni Pizza
GRAB AND GO	Seasoned Wedges	Chicken and Salad Kebab	Vege Burrito with Salad	Sausage Roll	Cheese Pizza
GRAB AND GO	Carbonara	Hotdogs	Crispy Cubes	Hash Browns	Onion Rings
GRAB AND GO	Chicken Soup with Bread Roll	Tomato Soup with Bread Roll	Chicken Soup with Bread Roll	Tomato Soup with Bread Roll	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

FAIRTRADE Guarantees a better deal for Third World Producers

GRAB AND GO - WEEK TWO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GRAB AND GO	Egg Fried Rice and Peas	Fish Finger Butty with Lettuce	Chicken and Cheese Quesadilla	Chicken Hot Pot	Pepperoni Pizza
GRAB AND GO	Sweet Chilli Chicken Wrap with Lettuce	Seasoned Wedges	Taco Bean and Cheese Quesadilla	Southern Fried Chicken Wrap with Salad	Cheese Pizza
GRAB AND GO	Burgers	Pork Bap with Stuffing and Apple Sauce	Crispy Cubes	Garlic and Herb Potatoes	Onion Rings
GRAB AND GO	Chicken Soup with Bread Roll	Tomato Soup with Bread Roll	Chicken Soup with Bread Roll	Total Soup with Bread Roll	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

Guarantees a better deal for Third World Producers

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAK	Yoghurt with Fruit Fruit Pots Cereal Porridge Toast Scrambled Egg on Toast Bacon Roll	Yoghurt with Fruit Fruit Pots Cereal Porridge Toast Scrambled Egg on Toast Bacon Roll	Yoghurt with Fruit Fruit Pots Cereal Porridge Toast Scrambled Egg on Toast Bacon Roll	Yoghurt with Fruit Fruit Pots Cereal Porridge Toast Scrambled Egg on Toast Bacon Roll	Yoghurt with Fruit Fruit Pots Cereal Porridge Toast Scrambled Egg on Toast Bacon Roll