



# MENU


## WEEK 1

V = VEGETARIAN VE = VEGAN

LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main 1	Traditional Lasagne served with Broccoli 	Katsu Chicken with Rice & Green Beans	Roast of the Day with Roasted Potatoes & Sweetcorn	Sweet Potato & Chickpea Slice with Cous Cous & Broccoli / Fattoush  	Oven Baked Battered Pollock served with Chips & Peas / Mushy Peas
Main 2	Chipotle Chicken, Corn Salsa served with Rice & Broccoli	Cottage Pie served with Green Beans 	Roasted Quorn served with Roast Potatoes & Sweetcorn 	Falafel Flatbread served with Cous Cous & Broccoli / Fattoush  	Oven Baked Sausages served with Chips & Peas / Mushy Peas
Main 3	Chipotle Veg & Bean Rice Bowl served with Broccoli 	Rustic Kale & Potato Hash served with Green Beans 	Dirty Butternut Mac n Cheese served with Sweetcorn  	Cheese Corn Flatbread served with Cous Cous & Broccoli / Fattoush 	Hoi Sin Tofu Noodles served with Peas / Mushy Peas 
Main 4	Broccoli & Cauliflower Crunchy Bake served with Broccoli 	Red Pepper & Bean Biryani served with Green Beans 	Kansas BBQ Chicken served with Roasted Potatoes & Sweetcorn	Red Pepper Pizza served with Cous Cous & Broccoli / Fattoush 	Southern Baked Halloumi Burger served with Chips & Peas / Mushy Peas
Hand Held	Spiced Fajita Tostados 	Loaded Dog Meatball Sub  	Chicken Fajita Wrap	Loaded Punjabi Masala  	Korean Crispy Wrap 

 Vegetarian  Vegan  Plant



# MENU


MY LUNCH MY WAY

## WEEK 2

V = VEGETARIAN VE = VEGAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
LUNCH	Main 1	Chicken or Pork Sausages served with Creamy Mashed Potatoes, Peas & Sweetcorn	Roasted & Loaded Pasta Bake served with a Mixed Salad  	Roast of the Day served with Roasted Potatoes, Cabbage & Carrots	Tuscan Style Chicken Pasta served with Sweetcorn	BBQ Chicken Wings served with Chips & Peas / Mushy Peas
	Main 2	Chicken & Vegetable Pie served with Creamy Mashed Potatoes, Peas & Sweetcorn	Tasty Alternative Burger served with a Mixed Salad  	Korean Chicken Rice Bowl served with Cabbage & Carrots 	Buffalo Chicken Filo Slice served with Sweetcorn 	Oven Baked Fish Fingers served with Chips & Peas / Mushy Peas
	Main 3	Leek & Cheese Pie served with Creamy Mashed Potatoes, Peas & Sweetcorn 	Sweet Potato & Bean Jalfrezi served with Rice & Green Beans  	Quorn Roast served with Roasted Potatoes & Slaw  	Three Bean Chilli with Rice & Sweetcorn  	Korean Battered Sausage Dog served with Chips & Peas / Mushy Peas 
	Main 4	Quorn Sausage served with Creamy Mashed Potatoes, Peas & Sweetcorn 	Chickpea & Coconut Dhal served with Rice & Green Beans  	Pasta Arrabiata served with Slaw 	Sloppy Joes Garlic Bread served with Rice & Sweetcorn 	Cornflake Crusted Fillet served with Chips & Peas / Mushy Peas 
	Hand Held	No Chicken Pitta Pocket 	Tasty Massaman Curry  	Roast Chicken Baguette	Chipotle Quorn & Corn Fajita Wrap 	Beany Chilli Nachos  

 Vegetarian  Vegan  Plant





























# MENU

MY LUNCH MY WAY

## WEEK 3

V = VEGETARIAN VE = VEGAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
LUNCH	Main 1	Pasta Bolognese served with Broccoli 	Teriyaki Chicken served with Dry Roast Sweet Potato Wedges & a Mixed Bean Salad	Roast of the Day served with Roasted Potatoes & Fresh Carrots	Chickpea & Spinach Curry served with Rice & a House & Bean Salad  	Oven Baked Battered Pollock served with Chips & Peas / Mushy Peas
	Main 2	Jerk Chicken served with Rice & Peas & Broccoli	Chicken Shawarma served with Dry Roast Sweet Potato Wedges & a Mixed Bean Salad 	Golden Sausage Roll served with Roasted Potatoes & Fresh Carrots 	Butterbean & Meatball Pasta served with a House & Bean Salad  	Margherita Pizza served with Chips & Peas / Mushy Peas
	Main 3	Sweet Potato Jambalaya served with a Mixed Salad  	Lasagne Verdi served with a Mixed Bean Salad  	Teriyaki Quorn Stir Fry served with Roasted Potatoes & Asian Slaw 	Pad Thai served with Rice & a House & Bean Salad  	Southern Fried Slaw Bowl served with Chips & Peas / Mush Peas 
	Main 4	Veg & Bean Champ Cottage Pie served with a Mixed Salad 	Fully Loaded Shawarma served with Dry Roast Sweet Potatoes Wedges & a Mixed Bean Salad  	Succulent Quorn Roast served with Roasted Potatoes & Asian Slaw 	Sweet Potato Chana Masala served with Rice & a House & Bean Salad  	Enchilada served with Chips & Peas / Mushy Peas 
	Hand Held	Carbonara Pasta	Thai Green Noodles 	Roast Chicken Baguette	Sweet Potato Vada Pav Roll  	Jerk Dog 

 Vegetarian  Vegan  Plant