



Enjoy

Made Fresh Every Day!

MONDAY

MAIN MEAL	Keralan Coconut Curry
VEGGIE MEAL	Saag Aloo
SIDES	Jeera Rice, Chapati, Carrots, Roasted Cauliflower
DESSERT	Maryland Cookie

TUESDAY

MAIN MEAL	Beef & Vegetable Pie With Gravy
VEGGIE MEAL	Vegetable Hot Pot
SIDES	Mashed Potato, Broccoli, Carrots
DESSERT	Apple Crumble with Custard

WEDNESDAY

MAIN MEAL	Lemon & Thyme Roast Chicken With Gravy
VEGGIE MEAL	Cheese & Onion Tart
SIDES	Roasted Potatoes, Yorkshire Pudding, Seasonal Greens
DESSERT	Cherry Cornflake Cake

THURSDAY

MAIN MEAL	Chilli Con Carne
VEGGIE MEAL	Chilli Sin Carne
SIDES	Arroz Verde, Sweetcorn, Coleslaw
DESSERT	Chocolate & Pear Sponge

FRIDAY

MAIN MEAL	Battered Fish
VEGGIE MEAL	Vegan Burger
SIDES	Chips & Baked Beans
DESSERT	Banana Flapjack

JACKET & PASTA BAR AVAILABLE DAILY

WEEK 1: 1ST SEPT, 22ND SEPT, 13TH OCT, 3RD NOV, 24TH NOV, 15TH DEC, 5TH JAN, 26TH JAN, 16TH FEB, 9TH MAR, 30TH MAR, 20TH APR, 11TH MAY,
1ST JUN, 22ND JUN, 13TH JUL



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MONDAY

MAIN MEAL	Vegan Sausage & Gravy
SIDES	Mashed Potatoes, Carrots & Peas
DESSERT	Chocolate Rice Krispie Cake

TUESDAY

MAIN MEAL	Sweet & Sour Chicken
VEGGIE MEAL	Mushroom Chow mien
SIDES	Boiled Rice, Broccoli, Cauliflower
DESSERT	Apple & Carrot Flapjack

WEDNESDAY

MAIN MEAL	Honey Roast Gammon
VEGGIE MEAL	Cauliflower Cheese
SIDES	Roasted Potatoes, Yorkshire Pudding, Seasonal Greens
DESSERT	Lemon Drizzle Sponge

THURSDAY

MAIN MEAL	Meatball Marinara
VEGGIE MEAL	Pomodoro Sauce
SIDES	Spaghetti, Garlic Bread Carrots & Peas
DESSERT	Oat Cookie

FRIDAY

MAIN MEAL	Battered Fish or Grilled Sausages
VEGGIE MEAL	Vegetable Burrito
SIDES	Chips & Baked Beans
DESSERT	Chocolate & Beetroot Brownie

JACKET & PASTA BAR AVAILABLE DAILY

WEEK 2: 8TH SEPT, 29TH SEPT, 20TH OCT, 10TH NOV, 1ST DEC, 22ND DEC, 12TH JAN, 2ND FEB, 23RD FEB, 16TH MAR, 6TH APR, 27TH APR, 18TH MAY
8TH JUN, 29TH JUN, 20TH JUL



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MONDAY

MAIN MEAL	Paneer Katsu Curry
VEGGIE MEAL	Sweet & Sour Vegetables
SIDES	Boiled Rice, Spring Rolls, Pan Fried Cabbage
DESSERT	Orange Shortbread Biscuit

TUESDAY

MAIN MEAL	Chicken Fajita
VEGGIE MEAL	Vegetable Fajita
SIDES	Taco, Tex Mex Wedges, Broccoli
DESSERT	Apple & Parsnip Cake

WEDNESDAY

MAIN MEAL	Jerk Chicken
VEGGIE MEAL	Jamaican Coconut & Vegetable Curry
SIDES	Rice & Peas, Spicy Slaw
DESSERT	Chocolate Shortbread

THURSDAY

MAIN MEAL	Goan Pulled Pork
VEGGIE MEAL	Vegetable Pasanda
SIDES	Bombay Potatoes, Garlic & Coriander Naan & Carrots
DESSERT	Carrot Cake

FRIDAY

MAIN MEAL	Battered Fish
VEGGIE MEAL	Vegan Goujons & Chips
SIDES	Chips & Baked Beans
DESSERT	Cherry Cookie

JACKET & PASTA BAR AVAILABLE DAILY

WEEK 3: 15TH SEPT, 6TH OCT, 27TH OCT, 17TH NOV, 8TH DEC, 29TH DEC, 19TH JAN, 9TH FEB, 2ND MAR, 23RD MAR, 13TH APR, 4TH MAY, 25TH MAY,
15TH JUN, 6TH JUL, 27TH JUL