

THIS WEEK'S MENU

W/C 06/01 27/01 10/03 31/03

WEEK 1	OPTION ONE	OPTION TWO	GRAB & GO
MON	<p>Chicken Tikka Masala with Wholegrain Rice and Spiced Cauliflower</p>	<p>Catalan Spiced Bean And Potato Stew With Herb Dumplings and Spiced Cauliflower</p>	<p>HOT DISHES Paninis Pasta and Sauces Freshly Baked Pizza Soup and Bread Jacket Potato and Toppings</p> <p>SALADS Tuna & Sweetcorn Pasta Salad Pesto Pasta Salad Roasted Indian Salad</p> <p>SANDWICHES & BAGUETTES Ham & Cheese Salad Chicken Salad Sandwich Cheese Baguette Tuna Mayo Baguette BLT Baguette</p> <p>WRAPS Pepper & Houmous Wrap BBQ & Chicken Wrap Chicken Caesar Wrap</p>
TUE	<p>Beef Burger with Baked Garlic and Herb Wedges</p>	<p>Veggie Burger with Baked Garlic and Herb Wedges</p>	
WED	<p>Honey Roast Gammon Baguette with Roast Potatoes, Vegetables & Gravy</p>	<p>Roast Quorn with Roast Potatoes, Vegetables and Gravy</p>	
THUR	<p>Cottage Pie with Vegetables and Gravy</p>	<p>Vegetarian Cottage Pie with Vegetables and Gravy</p>	
FRI	<p>Southern Fried Chicken or Sausages with Chips, Baked Beans & Peas</p>	<p>Quorn Sausage Roll with Chips, Baked Beans & Peas</p>	

THIS WEEK'S MENU

W/C 13/01 03/02 24/02 17/03

WEEK 2	OPTION ONE	OPTION TWO	GRAB & GO
MON	<p>Sausage and Mash with Vegetables and Gravy</p>	<p>Vegetarian Sausage and Mash with Vegetables and Gravy</p>	<p>HOT DISHES Paninis Pasta and Sauces Freshly Baked Pizza Soup and Bread Jacket Potato and Toppings</p> <p>SALADS Tuna & Sweetcorn Pasta Salad Pesto Pasta Salad Roasted Indian Salad</p> <p>SANDWICHES & BAGUETTES Ham & Cheese Salad Chicken Salad Sandwich Cheese Baguette Tuna Mayo Baguette BLT Baguette</p> <p>WRAPS Pepper & Houmous Wrap BBQ & Chicken Wrap Chicken Caesar Wrap</p>
TUE	<p>Chilli Beef Nachos with salad</p>	<p>Rajasthani Red Lentil Curry with Wholegrain Rice</p>	
WED	<p>Sage and Onion Chicken Flatbread with Roast Potatoes and Gravy</p>	<p>Roast Quorn with Roast Potatoes, Vegetables and Gravy</p>	
THUR	<p>Chicken Yakisoba with Vegetables</p>	<p>Soya Yakisoba with Vegetables</p>	
FRI	<p>Southern Fried Chicken Goujons or Sausages with Chips, Baked Beans or Peas</p>	<p>Cheese and Onion Bake with Chips, Baked Beans or Peas</p>	

THIS WEEK'S MENU

W/C 20/01 10/02 03/03 24/03

WEEK 3	OPTION ONE	OPTION TWO	GRAB & GO
MON	<p>Jerk Chicken with Rice and Peas</p>	<p>Butterbean, Blackbean and Coconut Stew with Wholegrain Rice and Salad</p>	<p>HOT DISHES Paninis Pasta and Sauces Freshly Baked Pizza Soup and Bread Jacket Potato and Toppings</p>
TUE	<p>Butter Chicken with Wholegrain Rice</p>	<p>Teriyaki Vegetarian Wrap with Satay Sweetcorn</p>	<p>SALADS Tuna & Sweetcorn Pasta Salad Pesto Pasta Salad Roasted Indian Salad</p>
WED	<p>Roast Pork and Stuffing Baguette with Roast Potatoes and Gravy</p>	<p>Roast Quorn with Roast Potatoes, Vegetables and Gravy</p>	<p>SANDWICHES & BAGUETTES Ham & Cheese Salad Chicken Salad Sandwich Cheese Baguette Tuna Mayo Baguette BLT Baguette</p>
THUR	<p>Cheesy Mac Bolognese with Garlic and Herb Bread and Salad</p>	<p>Cheesy Mac Veggie Bolognese with Garlic and Herb Bread and Salad</p>	<p>WRAPS Pepper & Houmous Wrap BBQ & Chicken Wrap Chicken Caesar Wrap</p>
FRI	<p>Southern Fried Chicken Goujons or Sausages with Chips, Baked Beans or Peas</p>	<p>Vegetable Tikka Sausage Roll with Chips, Baked Beans or Peas</p>	