

MONDAY



MAIN MEAL

FRAGRANT CHICKEN TAGINE

Jewelled Lemon Couscous

VEGETARIAN MEAL

HARISSA ROASTED SWEET POTATO & CHICKPEA TAGINE

Jewelled Lemon Couscous





TUESDAY

MAIN MEAL

CLASSIC BEEF LASAGNE

Garden Salad & Homemade Garlic
Bread

VEGETARIAN MEAL

VEGETABLE & BEAN LASAGNE

Garden Salad & Homemade Garlic
Bread



WEDNESDAY



MAIN MEAL

SALT & PEPPER ROAST CHICKEN

Crisp Roast Potatoes, Roasted
Root Vegetables, House Gravy

VEGETARIAN MEAL

CRUNCHY TOPPED MACARONI CHEESE

House Salad or Seasonal Vegetables



Week 1



THURSDAY

MAIN MEAL

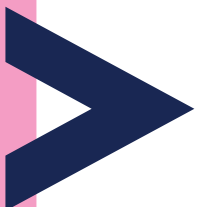
CHICKEN TIKKA MASALA

Wholegrain & White Rice,
Kachumber Salad & Mango Chutney

VEGETARIAN MEAL

GOAN POTATO & SPINACH CURRY

Wholegrain & White Rice,
Kachumber Salad & Mango Chutney





FRIDAY

MAIN MEAL

**CHIP SHOP 'FRYDAY' FISH,
PIZZA OR FISHCAKE**

Chips, Peas & Tartare Sauce

VEGETARIAN MEAL

**ROASTED PROVENCALE
VEGETABLE & FETA PASTY**

Chips, Peas



MONDAY



MAIN MEAL

**LOADED MACARONI CHEESE
WITH A SELECTION OF
TOPPINGS**

Salad, Homemade Garlic Bread

VEGETARIAN MEAL

**LOADED MACARONI CHEESE
WITH A SELECTION OF
TOPPINGS**

Salad, Homemade Garlic Bread





TUESDAY

MAIN MEAL

TRADITIONAL SAUSAGE & MASH

Caramelised Onion Gravy, Carrots & Peas

VEGETARIAN MEAL

PLANT BASED SAUSAGE & MASH

Caramelised Onion Gravy, Carrots & Peas



WEDNESDAY



MAIN MEAL

ROAST TURKEY

Crisp Roast Potatoes, Seasonal
Vegetables & House Gravy

VEGETARIAN MEAL

ROASTED BUTTERNUT SQUASH & EDAMAME BEAN WELLINGTON

Crisp Roast Potatoes, Seasonal
Vegetables & House Gravy





THURSDAY

MAIN MEAL

RAMEN BAR

Choose Your Own Toppings

VEGETARIAN MEAL

RAMEN BAR

Choose Your Own Toppings





FRIDAY

MAIN MEAL

**CHIP SHOP 'FRYDAY' FISH,
PIZZA OR FISHCAKE**

Chips, Peas

VEGETARIAN MEAL

VEGAN FALAFEL BURGER

Naked Slaw, Mango Chutney, Chips,
Peas



MONDAY



MAIN MEAL

BBQ CHICKEN FAJITA

Salt & Pepper Wedges,
Spiced Slaw & Sauces

VEGETARIAN MEAL

FALAFEL & VEGETABLE FAJITA

Salt & Pepper Wedges, Spiced Slaw
& Salsa





TUESDAY

MAIN MEAL

BEEF & TOMATO RAGOUT

Wholegrain Pasta, House Salad

VEGETARIAN MEAL

PLANT BASED RAGOUT

Wholegrain Pasta, House Salad



WEDNESDAY



MAIN MEAL

LEMON & THYME ROAST CHICKEN LEG

Crisp Roast Potatoes, Seasonal
Vegetables & House Gravy

VEGETARIAN MEAL

ROAST BEETROOT, ONION & GOATS CHEESE PISSALADIERE





THURSDAY

MAIN MEAL

CHICKEN MAKHANI CURRY

Rice, Naan Bread & Mango Chutney

VEGETARIAN MEAL

SRI LANKAN SPLIT PEA & CAULIFLOWER CURRY

Braised Pilau Rice





FRIDAY

MAIN MEAL

**CHIP SHOP 'FRYDAY' FISH,
PIZZA OR FISHCAKE**

Chips, Peas & Tartare Sauce

VEGETARIAN MEAL

**VEGAN ONION BHAJI
BURGER**

Chips, Peas, Slaw

