WEEK 1 MON TUES WED THURS FRI

OPTION #1

OPTION #2





EVERY D A Y

CHILLI CON CARNE WITH RICE & CORN ON COB

GREEK CHICKEN WITH OREGAND POTATOES & GREEK SALAD

BANGERS & MASH: WITH PEAS & GRAVY

VEGGIE BANGERS

CHICKEN TIKKA MASALA WITH RICE, ONION SALAD 8 MANGO CHUTNEY

BATTERED FISH WITH CHIPS, PEAS OR REANS

MEXICAN CHUNKY VEGETABLES (V)

WITH RICE & CORN ON COR

BAKED HALLOUMI (V) WITH OREGAND POTATOES **8 GREEK SALAD**

8 MASH (V) WITH PEAS & GRAVY

SAAG KERALAN CURRY (V)

WITH RICE, ONION SALAD & MANGO CHUTNEY

VEGAN SAUSAGE RILL (V)

WITH CHIPS, PEAS OR BEANS

CHICKEN MEATBALL PEPPERONI MARGHERITA (V)

VEGETABLE (V) PEPPERONI MARGHERITA (V) CHICKEN TIKKA & ONION **PEPPERONI** MARGHERITA (V)

MUSHROOM & BRIE (V) PEPPERONI MARGHERITA (V)

HAWAIIAN **PEPPERONI** MARGHERITA (V

BBQ WINGS PIRI PIRI DRUMSTICKS WITH WEDGES OR SPICY RICE & SLAW

CHINESE WINGS TIKKA DRUMSTICKS WITH WEDGES **OR** SPICY RICE & SLAW

JERK WINGS BRAZILIAN DRUMSTICKS WITH WEDGES OR SPICY

RICE & SLAW

ORIGINAL WINGS BBQ DRUMSTICKS

WITH WEDGES OR SPICY RICE & SLAW

TIKKA WINGS CHINESE DRUMSTICKS

> WITH WEDGES OR SPICY RICE & SLAW

WE HAVE JACKET POTATO AND HOT TOPPINGS AVAILABLE EVERY LUNCH SERVICE. OR HOW ABOUT TOPPING YOUR SPUD WITH A COLD PROTEIN OR SALAD FROM OUR SALAD BAR?

IF YOU PREFER A LIGHTER LUNCH, CHECK OUT OUR DAILY HANDCRAFTED SANDWICH RANGE. IN THE COLDER MONTHS WE INTRODUCE A HOT SOUP OF THE DAY WITH OPTIONAL TOPPERS AND A FRESHLY BAKED ROLL. DON'T FORGET TO MAKE IT A MEAL AND CHOOSE FROM OUR DAILY DESSERT, FRUIT & SNACK POTS!

WEEK 2 MON TUES WED THURS FRI

OPTION #1

OPTION #2





EVERY D A Y

PIRI PIRI WINGS WITH SPICY COUS COUS.

SALAD & SLAW

JERK CHICKEN DRUMSTICK

WITH RICE & PEAS, GRAVY & CORN

LEMON & HERB ROAST TURKEY

WITH NEW POTATOES CARROTS & STUFFING LAMB & LENTIL KEEMA WITH RICE, ONION

SANDWICH WITH CHIPS, PEAS OR SALAD & RIATA REANS

BEAN & CHICKPEA PITTA (V)

WITH SPICY COUS COUS. SALAD & SLAW

BUTTERNUT & BEAN STEW (V) WITH RICE & PEAS, GRAVY R CORN

LEMON & HERB ROAST QUORN WITH NEW POTATOES **CARROTS & STUFFING**

SAAG ALOO (V) WITH RICE, ONION SALAD & RIATA

BATTERED VEGGIE SAUSAGE (V) WITH CHIPS, PEAS OR BEANS

POSH FISH FINGER

CHICKEN MEATBALL PEPPERONI MARGHERITA (V)

VEGETABLE (V) PEPPERONI MARGHERITA (V) CHICKEN TIKKA & ONION PEPPERONI MARGHERITA (V)

MUSHROOM & BRIE (V) PEPPERONI MARGHERITA (V)

HAWAIIAN PEPPERONI MARGHERITA (V)

BBQ WINGS CHINESE DRUMSTICKS WITH WEDGES OR SPICY RICE & SLAW

CHINESE WINGS TIKKA DRUMSTICKS WITH WEDGES OR SPICY RICE & SLAW

JERK WINGS BRAZILIAN DRUMSTICKS WITH WEDGES OR SPICY

ORIGINAL WINGS PIRI PIRI DRUMSTICKS WITH WEDGES OR SPICY

RICE & SLAW

TIKKA WINGS BBQ DRUMSTICKS WITH WEDGES OR SPICY RICE & SLAW

WE HAVE JACKET POTATO AND HOT TOPPINGS AVAILABLE EVERY LUNCH SERVICE. OR HOW ABOUT TOPPING YOUR SPUD WITH A COLD PROTEIN OR SALAD FROM OUR SALAD BAR?

RICE & SLAW

IF YOU PREFER A LIGHTER LUNCH, CHECK OUT OUR DAILY HANDCRAFTED SANDWICH RANGE. IN THE COLDER MONTHS. WE INTRODUCE A HOT SOUP OF THE DAY WITH OPTIONAL TOPPERS AND A FRESHLY BAKED ROLL. DON'T FORGET TO MAKE IT A MEAL AND CHOOSE FROM OUR DAILY DESSERT, FRUIT & SNACK POTS!

WEEK 3 MON TUES WED THURS FRI

OPTION #1

OPTION #2





EVERY D A Y

COTTAGE PIE WITH BROCCOLI & GRAVY

MEDITERRANEAN CHICKEN WITH HERBY TABBOULEH HOUMOUS AND SLAW

SPAGHETTI MEATBALLS WITH HOUSE SALAD & GARLIC BREAD

RED THAI CHICKEN : BATTERED JUMBO CURRY WITH RICE & STIR FRIED CARRAGE

SAUSAGE WITH CHIPS, PEAS OR BEANS

VEGGIE COTTAGE PIE (V)

WITH BROCCOLI & GRAVY

BAKED FALAFEL (V) · WITH HERBY TABBOULEH, • HOUMOUS AND SLAW

FUSILLI (V) WITH HOUSE SALAD & **GARLIC BREAD**

PESTO 8

COURGETTE

QUORN (V) WITH RICE & STIR FRIED CABBAGE

HONEY & SOY

VEGETABLE QUICHE WITH CHIPS, PEAS OR

BEANS

CHICKEN MEATBALL **PEPPERONI** MARGHERITA (V)

VEGETABLE (V) PEPPERONI MARGHERITA (V) : CHICKEN TIKKA & ONION PEPPERONI MARGHERITA (V)

MUSHROOM & BRIE (V) **PEPPERONI** MARGHERITA (V)

HAWAIIAN PEPPERONI MARGHERITA (V)

BBQ WINGS PIRI PIRI DRUMSTICKS WITH WEDGES OR SPICY RICE & SLAW

CHINESE WINGS TIKKA DRUMSTICKS WITH WEDGES OR SPICY RICE & SLAW

JERK WINGS BRAZILIAN DRUMSTICKS

WITH WEDGES OR SPICY RICE & SLAW

ORIGINAL WINGS **BBQ DRUMSTICKS**

WITH WEDGES OR SPICY RICE & SLAW

TIKKA WINGS CHINESE DRUMSTICKS

WITH WEDGES OR SPICY RICE & SLAW

WE HAVE JACKET POTATO AND HOT TOPPINGS AVAILABLE EVERY LUNCH SERVICE. OR HOW ABOUT TOPPING YOUR SPUD WITH A COLD PROTEIN OR SALAD FROM OUR SALAD BAR?

IF YOU PREFER A LIGHTER LUNCH, CHECK OUT OUR DAILY HANDCRAFTED SANDWICH RANGE. IN THE COLDER MONTHS WE INTRODUCE A HOT SOUP OF THE DAY WITH OPTIONAL TOPPERS AND A FRESHLY BAKED ROLL. DON'T FORGET TO MAKE IT A MEAL AND CHOOSE FROM OUR DAILY DESSERT, FRUIT & SNACK POTS!