## WEEK 1 MENU

W/C: 20/11, 11/12, 01/01, 22/01, 12/02, 04/03, 25/03





GRAB & GO **OPTIONS** 

MON	<b>Bangers and Mash</b> Served with Vegetables and Gravy	Vegetarian Sausages   Served with Mashed Potato, Vegetables and Gravy
TUE	<b>Spicy Chicken Pitta</b> Served with Chipotle Wedges	Yellow Vegetable Curry ♥ ♥ ♥ Served with Wholegrain Rice and Vegetables
WED	Honey Roasted Ham and Mash Served with Vegetables and Gravy	Vegetarian Cottage Pie <b>② ※</b> Served with Vegetables and Gravy
THUR	<b>Beef Bolognese </b> Served with Wholewheat Pasta and Peas	Sweet Potato and Bean Enchilada   Served with American Slaw
FRI	Southern Fried Chicken Goujons Served with Chips, Peas and Baked Beans	Mac & Cheese Pot ♥ Served with Chips and Peas

## **WEEKLY SPECIAL** Roasted Indian Chickpea Salad SALADS: Tuna and Sweetcorn Pasta Salad Pesto Pasta Salad 👐 😻 🕠 **SANDWICHES/BAGUETTES:** Ham & Cheese Sandwich Chicken, Lettuce & Mayo Sandwich Cheese Sandwich v Ham Baguette Cheese & Tomato Baguette 🔻 **WRAPS:** Tuna Crunch Wrap 🐲 Pepper and Houmous Wrap 🔊 😻 **HOT DISHES: Paninis** Pasta & Sauces Freshly Baked Pizza Love Joe's Mexican Burrito

# WEEK 2 MENU

W/C: 06/11, 27/11, 18/12, 08/01, 29/01, 11/03





GRAB & GO
OPTIONS

MON	Cheese Burger Served with Chipotle Potato Wedges and Sweetcorn	Veggie Chow Mein 💿 🤏
TUE	West African Chicken Rice ₩	West African Vegetable Rice 🛛
WED	Roast Beef Served with Roast Potatoes, Two Vegetables and Gravy	Plant Ball Marinara Melt ♥ ♥ ♥ Served with Wholewheat Pasta and Vegetables
THUR	<b>Beef Lasagne</b> Served with Peas	Sweet and Sour Vegetables   Served with Wholegrain Rice and Sweetcorn
FRI	Southern Fried Chicken Goujons Served with Peas and Baked Beans	Vegan Sausage Roll © Served with Chips and Vegetables

## **WEEKLY SPECIAL** SALADS: Tuna and Sweetcorn Pasta Salad Pesto Pasta Salad 👐 😻 🕠 **SANDWICHES/BAGUETTES:** Ham & Cheese Sandwich Chicken, Lettuce & Mayo Sandwich Cheese Sandwich 🔻 Ham Baguette Cheese & Tomato Baguette 🔻 **WRAPS:** Tuna Crunch Wrap 🐲 Pepper and Houmous Wrap 🔻 😻 **HOT DISHES: Paninis** Pasta & Sauces Freshly Baked Pizza Love Joe's Mexican Burrito

## WEEK 3 MENU

W/C: 13/11, 04/12, 15/01, 05/02, 26/02, 18/03





GRAB & GO

MON	BBQ Beef Meatballs * Served with Wholewheat Pasta and Green Beans	Cauliflower Mac'n'Cheese
TUE	<b>Teriyaki Chicken Soul Bowl </b>	Vegetarian Tikka Masala   Served with Wholegrain Rice and Peas
WED	Roast Pork with Stuffing and Apple Sauce Served with Roast Potatoes, Two Vegetables and Gravy	Quorn Roast ♥ Served with Roast Potatoes, Two Vegetables and Gravy
THUR	Sticky Chicken and Vegetable Noodles 💗	Sweet Chilli Noodles 🛭
FRI	Southern Fried Chicken Goujons Served with Chips, Peas and Baked Beans	The Veggie Dog   Served with Chips, Peas and Baked Beans

# OPTIONS WEEKLY SPECIAL • Sweet Chilli Chicken Noodle Salad •

#### SALADS:

Tuna and Sweetcorn Pasta Salad
Pesto Pasta Salad \*\* \* \*

### **SANDWICHES/BAGUETTES:**

Ham & Cheese Sandwich Chicken, Lettuce & Mayo Sandwich Cheese Sandwich v Ham Baguette Cheese & Tomato Baguette v

### **WRAPS:**

### **HOT DISHES:**

Paninis
Pasta & Sauces
Freshly Baked Pizza
Love Joe's Mexican Burrito