

WEEK 1 THIS WEEK'S MENU

	OPTION ONE	OPTION TWO	GRAB & GO
MON	NOODLE BAR		<p>HOT DISHES:</p> <ul style="list-style-type: none"> Paninis Pasta and Sauces Freshly Baked Pizza Soup and Bread Jacket Potato and Toppings <p>SALADS:</p> <ul style="list-style-type: none"> Tuna and Sweetcorn Pasta Salad Pesto Pasta Salad Roasted Indian Chickpea Salad <p>SANDWICHES/BAGUETTES:</p> <ul style="list-style-type: none"> Egg Salad Sandwich Chicken Salad Sandwich Cheese and Pickle Baguette Tuna Mayo Baguette BLT Baguette <p>WRAPS:</p> <ul style="list-style-type: none"> Pepper and Houmous Wrap BBQ Chicken Wrap Chicken Caesar Wrap
	SATAY CHICKEN PHO	TERIYAKI VEGETARIAN WRAP with Wholegrain Rice	
TUE	BURGER BAR	TEX MEX	
	BEEF BURGER Served with Baked Garlic and Herb Wedges and Corn on the Cob	VEGETABLE FAJITA with Baked Garlic and Herb Wedges and Tex Mex Vegetables	
WED	HOT DELI	HOT DELI	
	SPICY VIETNAMESE CHICKEN BANH MI BUN	STICKY BBQ QUORN PITTA	
THURS		STREET	
	CHILLI CON CARNE Served with Wholegrain Rice	MACARONI CHEESE	
FRI		FRIDAY FAVOURITES	
	SOUTHERN FRIED CHICKEN GOUJONS with Chips, Baked Beans and Peas	VEGETABLE GOUJONS with Chips, Baked Beans and Peas	

Vegetarian
 Vegan
 Oily Fish
 Wholegrain
 Nutritionist's Choice
 Our menu is subject to change.

WEEK 2 THIS WEEK'S MENU

	OPTION ONE	OPTION TWO	GRAB & GO
MON	SPICE IS NICE		HOT DISHES: Paninis Pasta and Sauces Freshly Baked Pizza Soup and Bread Jacket Potato and Toppings SALADS: Tuna and Sweetcorn Pasta Salad Pesto Pasta Salad Roasted Indian Chickpea Salad SANDWICHES/BAGUETTES: Egg Salad Sandwich Chicken Salad Sandwich Cheese and Pickle Baguette Tuna Mayo Baguette BLT Baguette WRAPS: Pepper and Houmous Wrap BBQ Chicken Wrap Chicken Caesar Wrap
	CHICKEN TIKKA RICE BOX	TERIYAKI VEGETARIAN WRAP with Wholegrain Rice	
TUE	TEX MEX	TEX MEX	
	MEXICAN BEEF ENCHILADA Served with Baked Garlic and Herb Wedges and Tex Mex Vegetables	VEGETABLE FAJITA Served with Baked Garlic and Herb Wedges and Tex Mex Vegetables	
WED	HOT DELI	HOT DELI	
	ROAST GAMMON BAGUETTE Served with Roast Potatoes and Gravy	STICKY BBQ QUORN PITTA	
THURS	PAN-ASIAN	STREET	
	CHICKEN KOTTU ROTI BOX 	MACARONI CHEESE	
FRI	FRIDAY FAVOURITES	FRIDAY FAVOURITES	
	SOUTHERN FRIED CHICKEN GOUJONS Served with Chips, Baked Beans and Peas	VEGETABLE GOUJONS with Chips, Baked Beans and Peas	

WEEK 3 THIS WEEK'S MENU

	OPTION ONE	OPTION TWO	GRAB & GO
MON	FEASTIVAL		<p>HOT DISHES:</p> <ul style="list-style-type: none"> Paninis Pasta and Sauces Freshly Baked Pizza Soup and Bread Jacket Potato and Toppings <p>SALADS:</p> <ul style="list-style-type: none"> Tuna and Sweetcorn Pasta Salad Pesto Pasta Salad Roasted Indian Chickpea Salad <p>SANDWICHES/BAGUETTES:</p> <ul style="list-style-type: none"> Egg Salad Sandwich Chicken Salad Sandwich Cheese and Pickle Baguette Tuna Mayo Baguette BLT Baguette <p>WRAPS:</p> <ul style="list-style-type: none"> Pepper and Houmous Wrap BBQ Chicken Wrap Chicken Caesar Wrap
	JERK CHICKEN BURGER Served with Baked Spiced Wedges and Mixed Salad	TERIYAKI VEGETARIAN WRAP with Wholegrain Rice	
TUE		TEX MEX	
	BUTTER CHICKEN Served with Wholegrain Rice	VEGETABLE FAJITA with Baked Garlic and Herb Wedges and Tex Mex Vegetables	
WED	HOT DELI	HOT DELI	
	PERSIAN CHICKEN KEBAB Served with Herby Diced Potatoes and Mixed Salad	STICKY BBQ PITTA Served with Herby Diced Potatoes and Mixed Salad	
THURS	STREET	STREET	
	FIRECRACKER BEEF	MACARONI CHEESE	
FRI	FRIDAY FAVOURITES	FRIDAY FAVOURITES	
	SOUTHERN FRIED CHICKEN GOUJONS with Chips, Baked Beans and Peas	VEGETABLE GOUJONS Served with Chips, Baked Beans and Peas	

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