

# WEEK 1 MENU

W/C: 30/10, 20/11, 11/12, 01/01, 22/01, 12/02, 04/03, 25/03

## CHOICE *One*

## CHOICE *Two*

## GRAB & GO OPTIONS

<b>MON</b>	<b>Traditional Cottage Pie</b> 🍷 🍲 Served with Vegetables and Gravy	<b>Vegetarian Sausages</b> 🌱 Served with Mashed Potato, Vegetables and Gravy
<b>TUE</b>	<b>Buffalo Chicken</b> 🍲 Served with Crispy Spiced Potatoes and Ranch Dressing	<b>Plant Ball Marinara Melt</b> 🍷 🌱 🍷 Served with Wholewheat Pasta and Vegetables
<b>WED</b>	<b>Roast Chicken</b> 🍲 Served with Mashed Potato, Vegetables and Gravy	<b>Vegetarian Cottage Pie</b> 🌱 🍷 Served with Vegetables and Gravy
<b>THUR</b>	<b>Chilli Con Carne</b> 🍷 🍷 🍲 Served with Wholegrain Rice and Vegetables	<b>Sweet Potato and Bean Enchilada</b> 🌱 Served with American Slaw
<b>FRI</b>	<b>Southern Fried Chicken Goujons</b> 🍲 Served with Chips, Peas and Baked Beans	<b>Trinidad Vegetable Rice</b> 🌱

### WEEKLY SPECIAL

- **Roasted Indian Chickpea Salad** 🌱 ●

#### SALADS:

Tuna and Sweetcorn Pasta Salad  
Pesto Pasta Salad 🍷 🍷 🌱

#### SANDWICHES/BAGUETTES:

Cheese Ploughman's  
Chicken, Lettuce & Mayo Sandwich  
Cheese Sandwich 🌱  
Tuna 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, 19/02, 11/03

## CHOICE *One*

## CHOICE *Two*

## GRAB & GO OPTIONS

<b>MON</b>	<b>Chicken Shawarma Flatbread</b>  Served with Salad	<b>Vegetarian Mexican Tortilla Pie</b>    Served with Wholegrain Rice and Vegetables
<b>TUE</b>	<b>Beef Lasagne</b>    Served with Garlic and Herb Bread	<b>Yellow Vegetable Curry</b>    Served with Wholegrain Rice and Vegetables
<b>WED</b>	<b>Sloppy Joe Burger</b>  Served with Baked Garlic & Herb Wedges and Salad	<b>Louisiana Soul Bowl</b>    Served with Yellow Rice and American Slaw
<b>THUR</b>	<b>Sweet and Sour Chicken</b>    Served with Wholegrain Rice and Vegetables	<b>Roasted Cauliflower and Chickpea Korma</b>    Served with Wholegrain Rice and Sweetcorn
<b>FRI</b>	<b>Fish and Chips</b> Served with Peas and Baked Beans	<b>The Veggie Dog</b>  Served with Peas and Baked Beans

### WEEKLY SPECIAL

#### ● Moroccan Chicken Salad ●

#### SALADS:

Tuna and Sweetcorn Pasta Salad  
Pesto Pasta Salad   

#### SANDWICHES/BAGUETTES:

Cheese Ploughman's  
Chicken, Lettuce & Mayo Sandwich  
Cheese Sandwich   
Tuna 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, 25/12, 15/01, 05/02, 26/02, 18/03

## CHOICE *One*

## CHOICE *Two*

## GRAB & GO OPTIONS

<b>MON</b>	<b>BBQ Chicken Meatballs</b>  Served with Wholewheat Pasta, Pizza Pinwheel and Green Beans	<b>Cauliflower Mac'n'Cheese</b>    Served with Pizza Pinwheel and Salad
<b>TUE</b>	<b>Teriyaki Chicken Soul Bowl</b>    Served with Pineapple Rice, Crunchy Slaw and Peas	<b>Vegan Chilli</b>    Served with Wholegrain Rice and Peas
<b>WED</b>	<b>Roast Turkey</b>  Served with Roast Potatoes, Vegetables and Gravy	<b>Black-eyed Bean Burger</b>  Served with Garlic and Herb Wedges And American Slaw
<b>THUR</b>	<b>Sticky Chicken and Vegetable Noodles</b>   Served with Wholegrain Rice	<b>Sweet and Sour Vegetables</b>    Served with Wholegrain Rice
<b>FRI</b>	<b>Southern Fried Chicken Goujons</b>  Served with Chips, Peas and Baked Beans	<b>Mexican Loaded Wedges</b>  Served with Peas and Baked Beans


### WEEKLY SPECIAL

#### ● Sweet Chilli Chicken Noodle Salad ●

#### SALADS:

Tuna and Sweetcorn Pasta Salad  
Pesto Pasta Salad   

#### SANDWICHES/BAGUETTES:

Cheese Ploughman's  
Chicken, Lettuce & Mayo Sandwich  
Cheese Sandwich   
Tuna 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