

# MMMENU

## Monday

Main Meal	Spaghetti Bolognese ✓
Vegetarian Meal	Margarita Pizza with Potato Wedges
Accompaniments	Sweetcorn & Carrots
Jacket Potato	With Baked Beans, Tuna Mayonnaise or Grated Cheese
Hot Grab & Go	Meatball Marinara with Pasta
Hot Sandwich	Simply Chicken Range
Pasta Pot	Pasta with Tomato Sauce
Dessert	Berry & Apple Crumble

## Tuesday

Main Meal	Chilli Con Carne with Rice
Vegetarian Meal	Vegetable Bean Chilli with Rice
Accompaniments	Mixed Leaf Salad
Jacket Potato	With Baked Beans, Tuna Mayonnaise or Grated Cheese
Hot Grab & Go	BBQ Chicken Spaghetti Noodles
Hot Sandwich	The Pabrrito Range
Pasta Pot	Pasta with Tomato or Bolognese Sauce
Dessert	Maryland Cookie or Fresh Fruit Salad

## Wednesday

Main Meal	Glazed Lemon Roast Chicken with Roast Potatoes
Vegetarian Meal	Vegetable Loaf with Roast Potatoes
Accompaniments	Seasonal Vegetables
Jacket Potato	With Baked Beans, Tuna Mayonnaise or Grated Cheese
Hot Grab & Go	Chinese Buffalo Wings with Potato Wedges
Hot Sandwich	The Carvery Range
Pasta Pot	Pasta with Tomato Sauce
Dessert	Toffee Apple Pie

## Thursday

Main Meal	Sausage with Mashed Potato & Onion Gravy
Vegetarian Meal	Vegetable Sausage with Mashed Potato & Onion Gravy
Accompaniments	Carrots & Baked Beans
Jacket Potato	With Baked Beans, Tuna Mayonnaise or Grated Cheese
Hot Grab & Go	Chicken Madras with Rice
Hot Sandwich	The Hot Bakery Range
Pasta Pot	Pasta with Tomato or Bolognese Sauce
Dessert	Chocolate & Carrot Muffin

## Friday

Main Meal	Battered Fish with Chips
Vegetarian Meal	Cheese & Onion Slice with Chips
Accompaniments	Baked Beans & Garden Peas
Jacket Potato	With Baked Beans, Tuna Mayonnaise or Grated Cheese
Hot Grab & Go	Piri Piri Chicken with Chips
Hot Sandwich	The Plaice to Sea Range
Pasta Pot	Pasta with Tomato Sauce
Dessert	Banana Flapjack

### British Fresh Food

We are proud to be supporting British Farmers by using:

- ✓ Seasonal Fruit & Vegetables
- ✓ Farm Assured British Meat
- ✓ Free Range British Eggs
- ✓ British Cheese & Milk
- ✓ All Fish Products MSC

### Meal Deals

Please see our meal deal posters or speak to our catering team for the latest deals.

### Food Allergies & Intolerances

Before selecting your food, please speak to the Catering Team about your requirements.



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## Monday

Main Meal	Macaroni Cheese ✓
Vegetarian Meal	Italian Bean Wrap
Accompaniments	Sweetcorn & Carrots
Jacket Potato	With Baked Beans, Tuna Mayonnaise or Grated Cheese
Hot Grab & Go	Meatball Marinara with Pasta
Hot Sandwich	Simply Chicken Range
Pasta Pot	Pasta with Tomato Sauce
Dessert	Strawberry Crumb Cake

## Tuesday

Main Meal	Chicken Curry with Rice
Vegetarian Meal	Curried Potato & Chickpeas with Rice
Accompaniments	Mixed Leaf Salad
Jacket Potato	With Baked Beans, Tuna Mayonnaise or Grated Cheese
Hot Grab & Go	Sweet Chilli Chicken Spaghetti Noodles
Hot Sandwich	The Pabrrito Range
Pasta Pot	Pasta with Tomato or Bolognese Sauce
Dessert	Oaty Cookie or Fresh Fruit Salad

## Wednesday

Main Meal	Roast Pork, Apple Sauce & Stuffing with Roast Potatoes
Vegetarian Meal	Vegetable Casserole Topped with Sliced Potatoes
Accompaniments	Seasonal Vegetables
Jacket Potato	With Baked Beans, Tuna Mayonnaise or Grated Cheese
Hot Grab & Go	Cajun Buffalo Wings with Potato Wedges
Hot Sandwich	The Carvery Range
Pasta Pot	Pasta with Tomato Sauce
Dessert	Apple Turnover

## Thursday

Main Meal	BBQ Chicken Burger with Potato Wedges
Vegetarian Meal	BBQ Vegetable Burger with Potato Wedges
Accompaniments	Coleslaw & Sweetcorn
Jacket Potato	With Baked Beans, Tuna Mayonnaise or Grated Cheese
Hot Grab & Go	Chicken Tikka Masala with Rice
Hot Sandwich	The Hot Bakery Range
Pasta Pot	Pasta with Tomato or Bolognese Sauce
Dessert	Chocolate & Orange Muffin

## Friday

Main Meal	Battered Fish with Chips
Vegetarian Meal	Cheese & Vegetable Frittata with Chips
Accompaniments	Baked Beans & Garden Peas
Jacket Potato	With Baked Beans, Salmon Mayonnaise or Grated Cheese
Hot Grab & Go	BBQ Chicken with Chips
Hot Sandwich	The Plaice to Sea Range
Pasta Pot	Pasta with Tomato Sauce
Dessert	Apple Flapjack

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Main Meal	Oven Baked Lasagne with Garlic Bread ✓
Vegetarian Meal	Sausage Pizza with Potato Wedges
Accompaniments	Sweetcorn & Carrots
Jacket Potato	With Baked Beans, Tuna Mayonnaise or Grated Cheese
Hot Grab & Go	Meatball Marinara with Pasta
Hot Sandwich	Simply Chicken Range
Pasta Pot	Pasta with Tomato Sauce
Dessert	Apple Crumble

## Tuesday

Main Meal	Sweet & Sour Pork with Rice
Vegetarian Meal	Sweet & Sour Vegetables with Rice
Accompaniments	Mixed Leaf Salad
Jacket Potato	With Baked Beans, Tuna Mayonnaise or Grated Cheese
Hot Grab & Go	Hoisin Chicken Spaghetti Noodles
Hot Sandwich	The Pabrrito Range
Pasta Pot	Pasta with Tomato or Bolognese Sauce
Dessert	Maryland Cookie or Fresh Fruit Salad

## Wednesday

Main Meal	Roast Chicken & Stuffing with Roast Potatoes
Vegetarian Meal	Vegetable & Cheese Bake
Accompaniments	Seasonal Vegetables
Jacket Potato	With Baked Beans, Tuna Mayonnaise or Grated Cheese
Hot Grab & Go	BBQ Buffalo Wings with Potato Wedges
Hot Sandwich	The Carvery Range
Pasta Pot	Pasta with Tomato Sauce
Dessert	Pineapple Sponge

## Thursday

Main Meal	BBQ Spicy Meatballs with Mashed Potato
Vegetarian Meal	BBQ Vegetable & Chickpea Casserole with Mashed Potato
Accompaniments	Carrots & Sweetcorn
Jacket Potato	With Baked Beans, Tuna Mayonnaise or Grated Cheese
Hot Grab & Go	Chicken Korma with Rice
Hot Sandwich	The Hot Bakery Range
Pasta Pot	Pasta with Tomato or Bolognese Sauce
Dessert	Chocolate & Courgette Muffin

## Friday

Main Meal	Battered Fish with Chips
Vegetarian Meal	Cheese & Houmous Quesadillas with Chips
Accompaniments	Baked Beans & Garden Peas
Jacket Potato	With Baked Beans, Tuna Mayonnaise or Grated Cheese
Hot Grab & Go	Chicken Tikka with Chips
Hot Sandwich	The Plaice to Sea Range
Pasta Pot	Pasta with Tomato Sauce
Dessert	Vanilla Flapjack

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