

WEEK 1 MENU

MONDAY

Choose from

Spanish Chicken & Sweetcorn Meatballs  **MEAL DEAL**
Or Spanish Quorn Meatballs  

Served with Rice & Veg
Plus... a Dessert of the day

Tuscan Bean Sauce  
 Served with Fusili Pasta

TUESDAY

Choose from



Beef Bolognese 
Or Vegetable Bolognese  

Served with Spaghetti Pasta & Veg
Plus... a Dessert of the day

Pasta & Herb Sauce 
 Served with Sides

WEDNESDAY

Choose from

Roast Pork Loin or Roast Chicken  **MEAL DEAL**
Or Roasted Vegetable Lasagne 

Served with Roast Potatoes, Veg and Gravy
Plus... a Dessert of the day

Chickpea & Vegetable Couscous 
 Served with Sides

THURSDAY

Choose from

Chicken Tikka Masala  **MEAL DEAL**
Or Thai Vegetable Curry 

Served with Rice or Egg Noodles
Plus... a Dessert of the day

Sweet Chilli Quorn Nuggets  
 Served with paprika Wedges

FRIDAY

Choose from

Battered Fish
Or Vegetable & Feta Wraps 

Served with Chips and Veg
Plus... a Dessert of the day





Vegetable Biryani 
 Served with Sides

JACKETS Served with a selection of toppings including Grated Cheddar, Tuna Mayonnaise, Baked Beans, + daily hot specials

FRESH SEASONAL VEGGIES AVAILABLE EVERY DAY



Low carbon meals have at least 38% lower carbon emissions than the average meal. Learn more about this calculation at www.eatcoolfood.org

-  Plant Based
-  Vegetarian
-  Halal option available
-  Low Carbon

Week 1

WEEK 2 MENU

MONDAY

MEAL DEAL

Choose from

Chicken Sausages **H**
Or Quorn Vegan Sausages
 


Served with Mashed Potato Gravy & Veg
Plus... a Dessert of the day

Margherita Pizza **V**
 Served with Wedges

TUESDAY

MEAL DEAL

Choose from

Jamaican Green Chicken **H**
Or Korean BBQ Tofu 


Served with Rice & Veg
Plus... a Dessert of the day

Roast Ratatouille Pasta 
 Served with Sides

WEDNESDAY

MEAL DEAL

Choose from

Roast Beef or Roast Chicken **H**
Or Quorn Burger **V** 

Served with Roast Potatoes, Veg and Gravy
Plus... a Dessert of the day

Pasta Bake 
 Served with Sides

THURSDAY

MEAL DEAL

Choose from

Beef Chilli Con Carne **H**
Or Vegetable Chilli  


Served with Spicy Rice & Sides
Plus... a Dessert of the day

Falafel Sub **V**
 Served with Wedges

FRIDAY

MEAL DEAL

Choose from

Battered Fish or Fish Fingers
Or Moroccan Couscous 

Served with Chips and Veg
Plus... a Dessert of the day





Sweet Chilli Noodles **V**
 Served with Sides

JACKETS Served with a selection of toppings including Grated Cheddar, Tuna Mayonnaise, Baked Beans, + daily hot specials

FRESH SEASONAL VEGGIES AVAILABLE EVERY DAY



Low carbon meals have at least 38% lower carbon emissions than the average meal. Learn more about this calculation at www.eatcoolfood.org

-  **Plant Based**
-  **Vegetarian**
-  **Halal option available**
-  **Low Carbon**

Week 2

WEEK 3 MENU

MONDAY

MEAL DEAL

Choose from

Tex-Mex Chicken & Sweetcorn Meatballs **H**

Or **Tex-Mex Quorn Meatballs** **cf**

Served with Spaghetti & Sides
Plus... a Dessert of the day

Yaki Noodles **V**

Served with Sides

TUESDAY

MEAL DEAL

Choose from

Cottage Pie with Cheese Mash Or **H**

Cheese Tomato Quiche **V**

Served with Sides & Gravy
Plus... a Dessert of the day

Cajun Roast Squash Couscous

Served with Sides

WEDNESDAY

MEAL DEAL

Choose from

Honey Glazed Gammon or Roast Chicken **H**

Or **Quorn Roast** **cf** **V**

Served with Roast Potatoes, Veg & Gravy
Plus... a Dessert of the day

Masala Roasted Panner **V**

Served with Sides

THURSDAY

MEAL DEAL

Choose from

Chinese Chicken **H**

Or **Sweet Potato & Lentil Curry** **V**

Served with Rice
Plus... a Dessert of the day

Macaroni Cheese **cf** **V**

Served with Garlic Bread & Sides

FRIDAY

MEAL DEAL

Choose from

Battered Fish Or

Vegetable & Feta Wraps **V**

Served with chips and Veg
Plus... a Dessert of the day

Vegetable Jambalaya Rice **V**

Served with Sides

JACKETS Served with a selection of toppings including Grated Cheddar, Tuna Mayonnaise, Baked Beans, + daily hot specials

FRESH SEASONAL VEGGIES AVAILABLE EVERY DAY



Low carbon meals have at least 38% lower carbon emissions than the average meal. Learn more about this calculation at www.eatcoolfood.org

- V** Plant Based
- V** Vegetarian
- H** Halal option available
- cf** Low Carbon

Week 3