Week 1

MONDAY

MEAL D£AL

Choose from

Veggie Sausages & Mash
or Pork or Chicken Sausages
& Mash

served with gravy & veg

Plus...a dessert of the day

Thai Vegetable Noodles

served with veg

TUESDAY

MEAL D£AL

Choose from

Vegetable Lasage
or Beef Lasagne

served with veg

Plus...a dessert of the day

Roasted Vegetable & Feta Wraps

served with wedges

WEDNESDAY

MEAL D£AL

Choose from

Pasta Bake or
Roast Pork loin or Chicken

served with roast potatoes, veg and gravy

Plus...a dessert of the day

BBQ Hot Dog

served with wedges

THURSDAY

MEAL D£AL

Choose from

Mac & Cheese and Garlic Bread or
Chicken Casserole and Rice

served with sides

Plus...a dessert of the day

Vegetable Chilli Corn Carne

served with rice & veg

FRIDAY

MEAL D£AL

Choose from

Sweet Chilli Quorn Dippers
or Battered Fish

served with chips and veg

Plus...a dessert of the day

BBQ Wedges

served with sides

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

FRESH SEASONAL VEGGIES AVAILABLE EVERY DAY

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

Plant Based
Vegetarian
Halal option available
Low Carbon

Week 2

MONDAY	TUESDAY
MEAL D£AL Choose from **BBQ Quorn Meatballs or BBQ Chicken Meatballs** served with rice & veg **Plus...a dessert of the day**	**MEAL D£AL** Choose from **Mac Cheese with Garic Bread or BBQ Wings & Rice** served with Sides **Plus...a dessert of the day**
Margherita Pizza served with wedges	**Thai Veggie Noodles** served with sides

WEDNESDAY	THURSDAY	FRIDAY
MEAL D£AL Choose from **Beef Burrito or Honey Glazed Roast Gammon or Roast Chicken** served with crispy potatoes, veg and gravy **Plus...a dessert of the day**	**MEAL D£AL** Choose from **Roasted Vegetable Lasagne or Lemon & Garlic Chicken** served with spicy rice & sides **Plus...a dessert of the day**	**MEAL D£AL** Choose from **Sweet Potato, Pepper Coconut Curry & Rice or Battered Fish** served with chips and veg **Plus...a dessert of the day**
Cheese Tomato Puff served with chips	**Vegetable & Mixed Bean Fajita** served with wedges	**Penne Pasta in Tomato Sauce** served with sides

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

FRESH SEASONAL VEGGIES AVAILABLE EVERY DAY

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Plant Based
Vegetarian
Halal option available
Low Carbon

Week 3

MONDAY

MEAL D£AL

Choose from

BBQ topped Hot Dog (cf)

or **Cajun Chicken Thigh Burger**

served with Paprika Wedges & Sides

Plus...a dessert of the day

Pasta in Tomatoe Sauce

served with sides (PB)

TUESDAY

MEAL D£AL

Choose from

Veggie Bolognese (PB) (cf)

or **Beef Bolognese**

served with Spaghetti & Sides

Plus...a dessert of the day

Margherita Pizza

served with Garlic & Paprika Wedges (V)

WEDNESDAY

MEAL D£AL

Choose from

Cheese & Onion Pasty (V) (cf)

or **Roast Pork or Chicken**

served with Roast Potatoes, Veg & Gravy

Plus...a dessert of the day

Pasta & Herb Sauce

served with sides (PB)

THURSDAY

MEAL D£AL

Choose from

Mac & Cheese and Wedges (V) (cf)

or Chicken Curry & Rice

served with Sides

Plus...a dessert of the day

Sweet Chili Noodles

Served with veg (PB)

FRIDAY

MEAL D£AL

Choose from

Quorn Dippers & Rice (PB)

or **Battered Fish or Fish cake** (cf)

served with chips and Veg

Plus...a dessert of the day

Neapolitan Pasta Bake (V)

served with sides

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

FRESH SEASONAL VEGGIES AVAILABLE EVERY DAY

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

- (PB) Plant Based
- (V) Vegetarian
- (H) Halal option available
- (cf) Low Carbon