

Your Three Week Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				
WEEK ONE				
Beef/Veggie Burger in a Bun with Potato Wedges and Baked Beans or Seasonal Vegetables	Spaghetti Bolognese/Vegetarian Bolognese with Garlic Bread and Seasonal Vegetables	Roast of the Day/Quorn Fillet with Roast/Mashed Potatoes, Seasonal Vegetables and Gravy	Chicken/Vegetarian Curry with Rice, Naan Bread with Seasonal Vegetables	MSC Fish, Chips and Garden Peas/Mushy Peas or Baked Beans
Filled Jacket Potato with a Selection of Fillings Served with Salad	Filled Jacket Potato with a Selection of Fillings Served with Salad	Filled Jacket Potato with a Selection of Fillings Served with Salad	Filled Jacket Potato with a Selection of Fillings Served with Salad	Filled Jacket Potato with a Selection of Fillings Served with Salad
	Deli Option Choice of Breads and a Selection of Fillings Served with Salad		Deli Option Choice of Breads and a Selection of Fillings Served with Salad	
Sticky Toffee Pudding and Custard	Chocolate Crispy Cake and a Fruit Wedge	Fruit Jelly and Fruit Wedge	Fruit Platter	Golden Crunch and Fruit Wedge
WEEK TWO				
Pork/Quorn Sausages with Yorkshire Pudding, Mashed Potatoes, Seasonal Vegetables and Gravy	Pasta Bolognese/Vegetable Bake with Garlic Bread and Seasonal Vegetables	Roast of the Day/Quorn Fillet with Roast/Mashed Potatoes, Seasonal Vegetables and Gravy	Hot Chicken/Quorn Wrap with Savoury Rice, Homemade Sauce and Seasonal Vegetables	MSC Fish, Chips and Garden Peas/Mushy Peas or Baked Beans
Filled Jacket Potato with a Selection of Fillings Served with Salad	Filled Jacket Potato with a Selection of Fillings Served with Salad	Filled Jacket Potato with a Selection of Fillings Served with Salad	Filled Jacket Potato with a Selection of Fillings Served with Salad	Filled Jacket Potato with a Selection of Fillings Served with Salad
	Deli Option Choice of Breads and a Selection of Fillings Served with Salad		Deli Option Choice of Breads and a Selection of Fillings Served with Salad	
Apple Sponge and Custard	Chocolate Biscuit and a Fruit Wedge	Jam and Coconut Sponge	Fruit Salad	Raspberry Bun and Fruit Wedge
WEEK THREE				
Homemade Sausage/Quorn Twist with Mashed Potato and Seasonal Vegetables or Baked Beans	Bacon and Cheese/Vegetarian Pasta Bake with Crusty Bread and Seasonal Vegetables	Braised Beef/Quorn Fillet with Yorkshire Pudding Roast/Mashed Potatoes Seasonal Vegetables and Gravy	Sweet and Sour Chicken/Quorn with Rice and Seasonal Vegetables	MSC Fish, Chips and Garden Peas/Mushy Peas or Baked Beans
Filled Jacket Potato with a Selection of Fillings Served with Salad	Filled Jacket Potato with a Selection of Fillings Served with Salad	Filled Jacket Potato with a Selection of Fillings Served with Salad	Filled Jacket Potato with a Selection of Fillings Served with Salad	Filled Jacket Potato with a Selection of Fillings Served with Salad
	Deli Option Choice of Breads and a Selection of Fillings Served with Salad		Deli Option Choice of Breads and a Selection of Fillings Served with Salad	
Fruit Crumble and Custard	Iced Chocolate Sponge Cake	Iced Sponge Cake	Cheese & Crackers	Shortbread Finger and Fruit Wedge

Available every day – Unlimited salad, fresh fruit platter, fresh bread, organic yoghurt, milk and chilled water

For allergen information, please ask one of our Catering Team

