

# WEEK 1 MENU

CHOICE  
*One*

CHOICE  
*Two*

GRAB & GO  
OPTIONS

**MON**

**Traditional Cottage Pie** ♥  
Served with Vegetables and Gravy

**Vegetarian Sausages** ♻️  
Served with Mashed Potato, Vegetables and Gravy

**TUE**

**Turkey Con Chilli** ♥ 🌱  
Served with Rice and Peas

**Feta and Beetroot Burger** ♻️  
Served with Chipotle Wedges and Side Salad

**WED**

**Honey Roasted Ham and Mash**  
Served with Vegetables and Gravy

**Vegetarian Cottage Pie** ♻️ ♥  
Served with Vegetables and Gravy

**THUR**

**Smokey Chicken Pasta Bake**  
Served with Salad

**Sweet Potato and Bean Enchilada** ♻️  
Served with American Slaw

**FRI**

**The Sausage Dog**  
Served with Chips, Peas and Baked Beans

**Mac & Cheese Pot** ♻️  
Served with Chips and Peas

## WEEKLY SPECIAL

• **Roasted Indian Chickpea Salad** ♻️ •

### SALADS:

Tuna and Sweetcorn Pasta Salad  
Pesto Pasta Salad ♻️ 🌱 ♥

### SANDWICHES/BAGUETTES:

Ham & Cheese Sandwich  
Chicken, Lettuce & Mayo Sandwich  
Cheese Sandwich ♻️  
Ham 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

CHOICE  
*One*

CHOICE  
*Two*

GRAB & GO  
OPTIONS

MON

**Chicken Shawarma Flatbread**  
Served with Salad

**Vegetarian Mexican Tortilla Pie** 🌱 🍷  
Served with Wholegrain Rice and Vegetables

TUE

**Southern Fried Chicken Katsu** 🍷  
Served with Wholegrain Rice and Vegetables

**Yellow Vegetable Curry** 🌱 🍷 🍷  
Served with Wholegrain Rice and Vegetables

WED

**Sloppy Joe Burger**  
Served with Baked Garlic and Herb Wedges  
and Salad

**Louisiana Soul Bowl** 🌱 🍷  
Served with Mexican Yellow Rice and American  
Slaw

THUR

**Chicken and Vegetable Tikka  
Masala** 🍷 🍷  
Served with Wholegrain Rice and Sweetcorn

**Roasted Cauliflower and Chickpea  
Korma** 🌱 🍷 🍷  
Served with Wholegrain Rice and Sweetcorn

FRI

**Fish and Chips**  
Served with Peas and Baked Beans

**The Veggie Dog** 🌱  
Served with Chips, Peas and Baked Beans

## WEEKLY SPECIAL

● Moroccan Chicken Salad 🍷 ●

### SALADS:

Tuna and Sweetcorn Pasta Salad  
Pesto Pasta Salad 🌱 🍷 🍷

### SANDWICHES/BAGUETTES:

Ham & Cheese Sandwich  
Chicken, Lettuce & Mayo Sandwich  
Cheese Sandwich 🌱  
Ham 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

CHOICE  
*One*

CHOICE  
*Two*

GRAB & GO  
OPTIONS

**MON**

**BBQ Pork Meatballs** 🌱  
Served with Wholewheat Pasta, Pizza Pinwheel  
and Green Beans

**Cauliflower Mac'n'Cheese** 🌱 🌱 🌱  
Served with Pizza Pinwheel and Salad

**TUE**

**Teriyaki Chicken Soul Bowl** 🌱 🌱  
Served with Pineapple Rice, Crunchy Slaw and  
Peas

**Vegan Chilli** 🌱 🌱 🌱  
Served with Wholegrain Rice and Peas

**WED**

**Roast Turkey**  
Served with Roast Potatoes, Vegetables and  
Gravy

**Blackeye Bean Burger** 🌱  
Served with Baked Garlic and Herb Wedges  
and American Slaw

**THUR**

**Sticky Chicken and Vegetable  
Noodles** 🌱

**Sweet and Sour Vegetables** 🌱 🌱 🌱  
Served with Wholegrain Rice

**FRI**

**Southern Fried Chicken Goujons**  
Served with Chips, Peas and Baked Beans

**Mexican Loaded Wedges** 🌱  
Served with Peas and Baked Beans

## WEEKLY SPECIAL

• Sweet Chilli Chicken Noodle Salad •

### SALADS:

Tuna and Sweetcorn Pasta Salad  
Pesto Pasta Salad 🌱 🌱 🌱

### SANDWICHES/BAGUETTES:

Ham & Cheese Sandwich  
Chicken, Lettuce & Mayo Sandwich  
Cheese Sandwich 🌱  
Ham 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