

Week 1	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Boxed Salad	Falafel with Avocado, Spinach, Tomberries, Edamame Beans & Alfalfa Sprouts	Chicken Caesar: Kos, Croutons, Chicken Breast, Parmesan & Creamy Caesar Dressing	Oregano & Garlic Baked Feta, Sun Blush, Black Olives, Cucumber, Pickled Red Onion & Lettuce	Chicken Burrito, Jalapenos, Cheese, Tomato, Sour Cream Dressing, Avocado & Cucumber	Hot Smoked Mackerel, New Potato, Chives, Beetroot & Watercress with Lemon Dressing
Main Course	Macaroni Cheese Garlic Bread	Honey, Ginger, Garlic & Soy Chicken Egg Noodles	Beef Bolognese Fusilli Pasta & Cheese	Jerk Chicken Thigh Rice & Peas Onion Gravy	Cod Fish Fingers, Chips Homemade Tartar Sauce
Vegetarian	Jacket Potato: Baked Beans Cheese Tuna Mayonnaise	Vegetable & Tofu Nasi Goreng with Ketchup Manis	Mustardy Mushroom Stroganoff with Spinach Rice	Tomato, Vegetable & Cheese Topped Pasta	Goats Cheese & Herb Linguine
Vegetables	Peas	Stir fry	Green Beans	Buttered Greens	Peas
Available Free with Main Course	Coleslaw, Seasonal Mixed Salad & Beetroot	Coleslaw, Seasonal Mixed Salad & Beetroot	Coleslaw, Seasonal Mixed Salad & Beetroot	Coleslaw, Seasonal Mixed Salad & Beetroot	Coleslaw, Seasonal Mixed Salad & Beetroot
Pudding	Strawberry & Cinnamon Torte with Custard	Fresh Fruit Salad with Chantilly Cream	Victoria Sponge Cake with Strawberries, Whipped Cream & Chocolate Drizzle	Banoffee Pie (Biscuit Base, Banana, Caramel & Cream)	Raspberry Ripple Ice Cream Tub
Special Sandwich	Ciabatta Roll with Red Peppers, Rocket, Pesto, Avocado & Goats Cheese	Pastrami, Gherkin, Emmental, Rocket & American Mustard Mayonnaise on Rye Sourdough	Tortilla Wrap with Chicken, Lettuce, Red Onion, Cheese & Ranch Dressing	Baguette with Halloumi, Avocado, Pointed Red Peppers, Rocket & Hummus	Jerk Chicken Wrap with Pineapple, Lettuce, Coconut & Jerk Yogurt

Week 2	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Boxed Salad	Grilled Feta Superfood: Roasted Squash, Broccoli, Edamame, Spinach, Herbs, Toasted Seeds	Chicken Caesar: Kos, Croutons, Chicken Breast, Parmesan & Creamy Caesar Dressing	Thai Chicken: Rice Noodles, Coriander, Carrot Ribbon, Coriander, Lime, Fish Sauce, Sweet Chilli & Radish	Grilled Paneer & Lentil: Spinach, Red Peppers, Mango Chutney Dressing & Pickled Red Onion	Hot Smoked Salmon, Avocado, Radish, Watercress, Lemon & Beetroot
Main Course	Penne Pasta with Tomato Basil Sauce & Cheese	Chicken Sausage with Creamy homemade Mash & Onion Gravy	Beef Lasagne Garlic & Herb Ciabatta Bites	Piri Pir Chicken Rice	Cod Goujons, Chips Homemade Tartar Sauce
Vegetarian	Penne Pasta with Tomato Basil Sauce & Cheese	Glamorgan Sausage (Leek, Cauliflower, Potato, Caerphilly & Welsh Cheddar in Breadcrumbs)	Cumin Roasted Cauliflower in a Spicy Tomato Sauce	Chilli Bean Cornbread Cobbler	Stuffed Peppers with Rice, Vegetables & Buttery Crumb
Vegetables	Broccoli	Carrots & Peas	Mixed Vegetables	Peas	Baked Beans
Available free with main course	Coleslaw, Lettuce, Tomato, Beetroot & Cucumber	Coleslaw, Lettuce, Tomato, Beetroot & Cucumber	Coleslaw, Lettuce, Tomato, Beetroot & Cucumber	Coleslaw, Lettuce, Tomato, Beetroot & Cucumber	Coleslaw, Lettuce, Tomato, Beetroot & Cucumber
Pudding	Apple & Cinnamon Crumble with Custard	Fresh Fruit Salad with Chantilly Cream	Carrot Cake with Buttercream Frosting	Chocolate & Cherry Sponge with Chocolate Custard	Eton Mess Smashed White chocolate & Raspberry Meringue with Fruits of the Forest & Double Cream
Special Sandwich	Little Italy Bagel: Pesto, Red Pepper, Sun Blush, Rocket & Mozzarella	Swiss Club: Chicken Breast, Emmental, Romaine Lettuce, American Mustard, Tomato & Red Onion	East Meets West Bagel: Crispy Parma Ham, Brie, Rocket & Mango Chutney	Mexican Chicken Baguette: Avocado, Mexican style Cheese, Lettuce, Tomato & Pickled Red onion	Barbecue Chicken Baguette with Lettuce & Red Onion

Week 3	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Boxed Salad	Grilled Halloumi, Pointed Red Peppers, Hummus, Giant Cous Cous, Chopped Herbs & Garlic Roasted Pitta Chips	Chicken Caesar: Kos, Croutons, Chicken Breast, Parmesan & Creamy Caesar Dressing	Oregano & Garlic Baked Feta, Sun Blush, Black Olives, Cucumber, Pickled Red Onion & Lettuce	Chicken Burrito, Jalapenos, Cheese, Tomato, Sour Cream Dressing, Avocado & Cucumber	Hot Smoked Mackerel, New Potato, Chives, Beetroot & Watercress with Lemon Dressing
Main Course	Crunchy topped Macaroni Cheese Garlic Bread	Chicken Tikka Masala Rice Naan Bread Raita	Turkey & Leek Pie Buttered New Potatoes	Roast Chicken Thigh Yorkshire Pudding Roast Potatoes	Pan Fried Salmon Chips Homemade Tartar Sauce
Vegetarian	Jacket Potato: Cheese Baked Beans Tuna Mayonnaise	Tagliatelle with Mushrooms, Thyme, Butter & Parmesan	Brie & Leek Tart	Primavera Risotto (Broad Beans, Asparagus, Peas & Mint with Parmesan)	Linguine with Pesto & Parmesan
Vegetables	Romano Beans, Broccoli & Yellow Carrots	Spicy Cabbage with Mustard Seeds	Green Beans	Broccoli & Carrots	Peas
Available free with Main Course	Coleslaw, Seasonal Mixed Salad & Beetroot	Coleslaw, Seasonal Mixed Salad & Beetroot	Coleslaw, Seasonal Mixed Salad & Beetroot	Coleslaw, Seasonal Mixed Salad & Beetroot	Coleslaw, Seasonal Mixed Salad & Beetroot
Pudding	Apple & Cinnamon Cobbler with Custard	Fresh Fruit Salad with Chantilly Cream	Mandarin Sponge with Glace Icing & Sprinkles	Raspberry & Coconut Sponge with Custard	Banana Cake with Toffee Sauce & Custard
Special Sandwich	Ciabatta Roll: Grilled Courgette, Red Pepper, Avocado,	Baguette: Crispy Parma Ham, Sweet & Sour Onion, Avocado & Brie	Tortilla Wrap: Chicken Tikka, Lettuce & Raita	Tortilla Wrap: Chicken, Lettuce, Cheese & Ranch Dressing	Baguette: Barbecue Chicken, Lettuce & Red Onion

	Rocket, Goats Cheese & Pesto				
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Week 4	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Boxed Salad	Grilled Feta Superfood: Roasted Squash, Broccoli, Edamame, Spinach, Herbs, Toasted Seeds	Chicken Caesar: Kos, Croutons, Chicken Breast, Parmesan & Creamy Caesar Dressing	Thai Chicken: Rice Noodles, Coriander, Carrot Ribbon, Coriander, Lime, Fish Sauce, Sweet Chilli & Radish	Grilled Paneer & Lentil: Spinach, Red Peppers, Mango Chutney Dressing & Pickled Red Onion	Hot Smoked Salmon, Avocado, Radish, Watercress, Lemon & Beetroot
Main Course	Penne Pasta with Tomato Sauce & Cheese	Minced Beef Ragu with Gnocchi & Garlic Bread Slice	Chicken Sausage with Creamy Homemade Mash & Onion Gravy	Barbecue Chicken with Rice & Cornbread	Cod Fillet Fish Fingers, Chips Homemade Tartar Sauce
Vegetarian	Jacket Potato: Cheese Baked Beans Tuna Mayonnaise	Aubergine Parmigiana with Mozzarella & Basil Sauce	Glamorgan Sausage (Leek, Cauliflower, Potato, Caerphilly & Welsh Cheddar in Breadcrumbs)	Balsamic Roasted Mediterranean Vegetables & Halloumi	Spaghetti with Chilli, Garlic, Lemon & Parsley
Vegetables	Broccoli	Green Beans	Carrots & Peas	Mixed Vegetables	Baked Beans
Available free with main course	Coleslaw, Seasonal Mixed Salad & Beetroot	Coleslaw, Seasonal Mixed Salad & Beetroot	Coleslaw, Seasonal Mixed Salad & Beetroot	Coleslaw, Seasonal Mixed Salad & Beetroot	Coleslaw, Seasonal Mixed Salad & Beetroot
Pudding	Pineapple & Mango Crumble with Custard	Fresh Fruit Salad with Chantilly Cream	Chocolate Marble Sponge with Chocolate Custard	Bakewell Tart Raspberry Filled Pastry Case with Almond Flavour Sponge Custard	Vegetarian Jelly with Whipped Cream Rosette & Sprinkles
Special Sandwich	Baguette with Avocado, Mozzarella, Pesto, Tomato & Rocket (V)	Tortilla Wrap with Chicken, Sweet Chilli Sauce, Avocado, Lettuce & Spring Onion	Tortilla Wrap with Shredded Duck, Hoi Sin, Red Onion & Lettuce	Baguette with Spicy Chicken, Avocado, Lettuce, Tomato & Mexican Style Cheese	Baguette with Sweet Chilli Chicken, Lettuce & Red Onion

