

MENU CYCLE WEEK 1



Monday	Tuesday	Wednesday	Thursday	Friday
CHICKEN FAJITAS Fresh pieces of chicken seasoned with a Fajita spice and served in a flour tortilla with salad	BEEF LASAGNE Fresh minced beef cooked with onions, garlic, tomatoes and herbs, then layered between sheets of lasagne and topped with a béchamel sauce, baked in the oven and served with salad	ROAST OF THE DAY Home roasted breast of turkey served with roast potatoes, stuffing, seasonal vegetables and gravy	CREAMY CHICKEN CURRY Pieces of fresh chicken cooked with onions, garlic, coriander, cumin, ginger, turmeric, coconut milk and stock. Served on a bed of rice with Naan bread	CHIPPY DAY Choose from freshly Battered cod fillets Or Quality sausages Both served with chips
OR	OR	OR	OR	
PIZZA FINGERS Homemade pizza cut into fingers and served with ½ a jacket potato and coleslaw	GAMMON & PINEAPPLE Home cooked succulent gammon served with pineapple ring	PASTA BOLOGNAISE Minced beef cooked with onions, garlic, tomatoes, mushrooms and herbs and served on a bed of pasta	SPICY BEEF STIR FRY Strips of beef cooked with onions and red peppers in a sweet chilli sauce and served with a tangy salsa and oven baked potato wedges	
VEGETARIAN OPTION				
TOMATO & BASIL PASTA BAKE Pasta spirals mixed with a tomato and basil sauce, topped with cheese and baked in the oven until golden with a garlic slice	CHEESE & RED ONION QUICHE A pastry case filled with red onions, cheese and eggs and baked in the oven until set and served with salad	QUORN CHOW MEIN Quorn pieces cooked with onions, garlic, peppers, baby corn, soy sauce, stock and egg noodles	VEGETABLE & LENTIL CURRY A selection of seasonal vegetables and lentils cooked in spices and served on a bed of rice with Naan bread	PIZZA SLICE Homemade pizza cut into slices: choose from cheese and tomato or pepper and mushroom
New Potatoes Peas and Sweetcorn	Diced Potatoes Peas and Sweetcorn	Roast Potatoes Carrots and Cabbage	Oven Baked Wedges Mixed Vegetables	Chips Baked Beans and Mushy Peas
OR				
HOT ALTERNATIVES Also, available daily, a selection of Pizza Slices, Filled Panini's Sandwiches, Jacket Potatoes with various fillings, Hot Chicken Wraps and Pasta with a selection of topping				
PRE-ORDER KIOSK Also, available at the pre-order kiosk is sandwiches, wraps, salads and pasta salads				
FOR DESSERT A selection of home bakery items available everyday: biscuits and cakes A selection of fresh fruit or fruit pots are also available everyday				

MENU CYCLE WEEK 2



Monday	Tuesday	Wednesday	Thursday	Friday
KEEMA KEBAB Fresh minced lamb cooked with onions and garlic and seasoned with spices, served in a wholemeal pitta with salad and sauces, on a bed of rice	HOMEMADE BURGERS Fresh minced beef, seasoned and mix with a few breadcrumbs, made into burgers and baked in the oven. Served on a bun with salad and a choice of sauces	ENCHILADAS Flour tortillas filled with fresh pieces of chicken cooked with a selection of vegetables in a Fajita seasoning, then covered in a tomato sauce, topped with cheese then baked in the oven and served with salad	LASAGNE Minced beef cooked with onions, garlic, courgettes, leeks, peppers, tomatoes and herbs then layered between sheets of lasagne pasta and topped with a béchamel sauce	SALMON FILLET A salmon fillet simply seasoned and baked in the oven and served with chips
OR	OR	OR	OR	OR
MINCE & ONION PIE Fresh minced beef cooked slowly with onions and carrots in stock until a rich gravy is formed, then topped with a pastry lid and served with mashed potatoes	BUTTER CHICKEN CURRY Marinated pieces of fresh chicken cooked with butte, onions, garlic, spices, tomatoes, chillies and cream, served on a bed of rice with Naan bread	ROAST OF THE DAY Home roasted gammon served with roast potatoes, seasonal vegetables and gravy	PASTA BAKE Pasta spirals covered in a spicy tomato and vegetable sauce, topped with cheese and baked in the oven and served with salad	BATTERED COD A piece of cod fillet, hand battered and deep fried until crispy and served with chips
VEGETARIAN OPTION				
VEGETABLE QUASADILLAS A flour tortilla topped with cheese, then a layer of seasonal vegetables and Quorn pieces cooked in a tomato sauce, then another layer of cheese and topped with another flour tortilla and baked in the oven and served with rice and salad	HOMEMADE VEGGIE BURGER A homemade veggie patty veggie mince, onions, garlic, chilliest and mozzarella cheese and baked in the oven and served in a burger bun with salad	QUORN SAUSAGE & GRAVY Quorn sausages braised in gravy and served on a bed of homemade mashed potatoes with an onion gravy	MACARONI CHEESE Macaroni pasta covered in a homemade cheese sauce	PIZZA FINGERS Homemade pizza cut into fingers: choose from cheese and tomato or pepper and mushroom
Mashed Potatoes Green Beans and Baked Beans	Spicy Diced Potatoes Peas and sweetcorn	Roast Potatoes Broccoli and Cauliflower	New Potatoes Carrots and Salad	Chips Mushy Peas and Baked Beans
OR				
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MENU CYCLE WEEK 3



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MINCE & ONION PIE Fresh minced beef cooked slowly with onions and carrots in stock until a rich gravy is formed, then topped with a pastry lid and served with mashed potatoes	CHEESE, PEPPER & TOMATA PASTA Pasta spirals covered in a tomato and red pepper sauce, topped with cheese and baked in the oven and served with salad	ROAST OF THE DAY Home roasted boneless leg of pork served with roast potatoes, seasonal vegetables, apple sauce and gravy	COTTAGE PIE Fresh minced beef cooked with onions and carrots in stock and topped with a mashed potato and baked in the oven until golden	BATTERED COD A piece of cod fillet, hand battered and deep fried until crispy and served with chips
OR	OR	OR	OR	OR
CHICKEN TIKKA MASALA Pieces of fresh chicken cooked with onions, spices, tomatoes and yogurt, served on a bed of rice with Naan bread	BEEF HOTPOT Chunks of fresh beef, onions and carrots topped with sliced potatoes and cooked slowly in stock and served with red cabbage	PASTA BOLOGNAISE Minced beef cooked with onions, garlic, tomatoes, mushrooms and herbs and served on a bed of pasta	SAUSAGE & MASH Quality sausages baked in the oven and served on a bed of homemade mashed potatoes and red onion gravy	HOT WRAPS Tortilla wraps filled with a selection of hot fillings and served with chips
VEGETARIAN OPTION				
BROCCOLI & CAULI CHEESE BAKE Florets of broccoli and cauli covered in a homemade cheese sauce, topped with cheese and baked in the oven until golden and served with salad	VEGETABLE BURRITOS A flour tortilla filled with seasonal vegetables, Quorn and rice cooked in a spicy tomato sauce, topped with cheese and baked in the oven and served with salad	CHEESE & TOMATO QUICHE A pastry case filled with eggs, onions and milk, baked in the oven and then topped with more cheese and tomato and baked again, served with salad	VEGETARIAN SHEPHERDS PIE Veggie mince cooked with onions, carrots, tomatoes, Worcestershire sauce and herbs in stock and topped with a mashed potato	PIZZA FINGERS Homemade pizza cut into fingers: choose from cheese and tomato or pepper and mushroom
Creamed Potatoes Green Beans	Diced Potatoes Peas	Roast Potatoes Broccoli and Carrots	New Potatoes Cauliflower and Broccoli	Chips Mushy Peas and Baked Beans
OR				
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