

# weekly menu

innovate

all day, every day...

## cold choices

There's a huge range of **cold meal choices** available including:

**sandwiches** from £1.40     **deli bowl salads** from £2.05  
**baguettes** from £1.50     **noodle pots** from £1.95  
**wraps** from £1.60         **vegetable bags** from 50p  
**bagels** from £1.60

## healthy little extras...

There is a selection of **fruit bags** available as well as **natural yoghurts** and **snacks**.

## thirsty?

From **milk** (flavoured & plain) to **fruit juices** and **mineral water**, you'll find a wide variety of delicious drinks in the chillers.



## hot meals and specials

**soups** £1.00

**main meal & dessert** £2.15

week 1	monday	tuesday	wednesday	thursday	friday
soup	tomato	leek & potato	minestrone	tomato	vegetable
meaty main lunch dish	sausages in onion gravy	minced beef cobbler	roast chicken	chicken korma	fish & chips
vegetarian main lunch dish	cheese & potato bake	roasted vegetable toad-in-the-hole	cauliflower cheese	vegetable korma	macaroni cheese
carbohydrate	mashed potato	herby new potatoes	roast potatoes	basmati rice	chips
vegetables/salad	garden peas/ baked beans/ green salad	green beans/ carrots/ green salad	broccoli/ sweetcorn/ green salad	cabbage/ cauliflower/ green salad	garden peas/ baked beans/ green salad
meaty toppings pasta/potato/wedges	maiale meatballs	chicken tikka	chilli beef	chicken italiano	spicy sausage
vegetarian toppings pasta/potato/wedges	basilico	arrabiata	pomodoro	vegetable bolognese	cheese & beans
dessert	pear & chocolate sponge	bramley apple pie	mixed fruit crumble	chocolate bread & butter pudding	syrupe sponge

Dessert is included in the price of our main meals and can be substituted for nominated products but cannot be discounted from the meal value under any circumstances  
 • All meat is 'Red Tractor' Farm assured meat • Vegetables are fresh and where possible seasonal (highlighted in green) • No salt is added during or after the cooking process

**week 2**      **monday**      **tuesday**      **wednesday**      **thursday**      **friday**

soup	leek & potato	vegetable	tomato	chicken	tomato
meaty main lunch dish	spaghetti bolognese	chicken casserole with herb dumplings	roast lamb	beef curry	fish & chips
vegetarian main lunch dish	vegetarian chilli con carne	creamy cheese & potato bake	vegetable cobbler	vegetable curry	tomato & basil pasta bake
carbohydrate	spaghetti/rice	<b>new potatoes</b>	<b>roast potatoes</b>	basmati rice	chips
vegetables/ salad	sweetcorn/ garden peas/ green salad	<b>roasted vegetables/ green salad</b>	green beans/ <b>mashed swede &amp; carrot/ green salad</b>	<b>broccoli/ cauliflower/ green salad</b>	garden peas/ baked beans/ green salad
meaty toppings pasta/potato/wedges	chicken italiano	spicy sausage	chicken torino	maiale meatballs	chicken tikka
vegetarian toppings pasta/potato/wedges	pomodoro	basilico	cheese & beans	arrabiata	vegetable bolognese
dessert	apricot crumble	rice pudding	chocolate sponge & chocolate sauce	dutch apple cake	vanilla & chocolate marble sponge

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**week 3**      **monday**      **tuesday**      **wednesday**      **thursday**      **friday**

soup	tomato & basil	leek & potato	tomato	chicken & vegetable	minestrone
meaty main lunch dish	chilli con carne	chicken & vegetable pie	roast chicken	lamb rogan josh	fish & chips
vegetarian main lunch dish	quorn sweet & sour	cauliflower & broccoli bake	vegetarian shepherds pie	mild vegetable curry	vegetarian lasagne
carbohydrate	rice	<b>creamy mashed potato</b>	<b>roast potatoes</b>	basmati rice	chips
vegetables/ salad	<b>carrots/ garden peas/ green salad</b>	<b>green cabbage/ sweetcorn/ green salad</b>	<b>cauliflower/ green beans/ green salad</b>	<b>mixed vegetables/ green salad</b>	garden peas/ baked beans/ green salad
meaty toppings pasta/potato/wedges	chicken italiano	maiale meatballs	chicken tikka	spicy sausage	chilli beef
vegetarian toppings pasta/potato/wedges	cheese & beans	vegetable bolognese	basilico	pomodoro	arrabiata
dessert	pear surprise	apple & pear fruit pie	st clements orange sponge with orange sauce	apple crumble	chocolate sponge with chocolate sauce

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