

# WEEK ONE

## MENU KEY



ADDED PLANT PROTEIN



VEGAN OPTION



SOURCE OF WHOLEMEAL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

### OPTION #1

BUTTERNUT  
MAC & CHEESE  
With Crunchy  
Topping

BEEF CHILLI  
with Rice and  
Sour Cream



PORK OR  
CHICKEN  
SAUSAGE  
Roast Potatoes  
and Gravy

SPICE & RICE

CHICKEN  
TIKKA  
MASALA  
With 50/50  
Rice

BREADED  
FISH  
with Chips &  
Garden Peas

### OPTION #2

QUORN &  
VEGETABLE  
CHOW MEIN

FALAFEL  
WRAPS  
with Couscous  
and Mint &  
Yoghurt Dip

VEGAN  
SAUSAGE  
With Roast  
Potatoes and  
Gravy



SWEET  
POTATO &  
CHICKPEA  
CURRY  
with 50/50  
Rice

CHEESE & LEEK  
FRITTATA  
with Chips and  
Garden Peas

### ON THE SIDE

Vegetables of  
the Day

Vegetables of  
the Day

Vegetables of  
the Day

Vegetables of  
the Day

Vegetables of  
the Day

### DESSERT OF THE DAY

PINEAPPLE  
UPSIDE  
DOWN CAKE

CHOCOLATE  
CRUNCH CAKE

STICKY TOFFEE  
APPLE CRUMBLE  
With Custard



WARMED  
JAMAICAN  
GINGER CAKE  
with Ice Cream or  
Custard

ICED SPONGE  
CAKE

### CHECK OUT

OUR HOT AND  
COLD GRAB &  
GO SELECTION

### MEAL DEAL PRICE

£2.80

### ALLERGIES

PLEASE SPEAK TO A MEMBER OF STAFF IF YOU HAVE AN ALLERGY AND NEED TO KNOW WHAT'S INSIDE OUR FOOD DISHES. THEY WILL ADVISE YOU OF YOUR AVAILABLE CHOICES.

PLEASE SEE OUR THEME DAYS AND SPECIAL OFFERS

**caterlink**  
feeding the imagination

# WEEK TWO

## MENU KEY



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

### OPTION #1

CHEESE AND TOMATO QUICHE  
With Potato Wedges



BEEF LASAGNE  
with Garlic Bread and Salad



CREAMY CHICKEN AND BROCCOLI PIE  
with New Potatoes



JERK CHICKEN  
with Rice and Peas and Pineapple Slaw

FISH IN BATTER  
with Chips

### OPTION #2

CRUNCHY LENTIL PASTA BAKE  
with Roasted Vegetables

CHICKPEA AND SWEET POTATO TAGINE  
With Couscous



LEEK, ONION & POTATO TRAY BAKE

CURRIED SQUASH & BUTTERBEAN STEW  
with Rice and Peas & Slaw



VEGAN BURGER  
with Chips



### ON THE SIDE

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

### DESSERT OF THE DAY

CHOCOLATE SPONGE PUDDING

APPLE PIE  
With Cream

PEAR & CHOC CRUMBLE  
With Custard



JAM & COCONUT SPONGE

OATY FLAPJACK



### CHECK OUT

OUR HOT AND COLD GRAB & GO SELECTION

### MEAL DEAL PRICE

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**WEEK  
THREE**

**MENU KEY**



ADDED PLANT PROTEIN



VEGAN OPTION



SOURCE OF WHOLEMEAL

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**OPTION  
#1**

**CHEESY  
CHILLI  
CHICKEN  
PASTA**

**YAMAS!**  
**CHICKEN  
SOUVLAKI**  
with Golden  
Rice or  
Seasoned  
Potatoes

**ROAST OF  
THE DAY**  
New Potatoes  
& Gravy

**ENCHILADAS**  
Pork, Beef or  
Chicken  
(choose one)  
with 50/50  
Rice

**CHIP SHOP  
FISH /  
SAUSAGE**  
with Chips,  
Mushy Peas and  
Gravy/  
Curry Sauce

**OPTION  
#2**

**SPAGHETTI  
& PLANT  
BASED  
MEATBALLS**

**SPINACH &  
CHEESE  
WHIRL**  
Golden Rice or  
Seasoned  
Potatoes

**LENTIL  
WELLINGTON**  
with New  
Potatoes &  
Gravy

**MEXICAN  
SOYA CHILLI**  
with 50/50  
Rice and  
Sour Cream

**VEGAN  
SAUSAGE**  
Chips, Mushy  
Peas  
& Gravy/  
Curry Sauce

**ON THE  
SIDE**

Vegetables of  
the Day

Vegetables of  
the Day

Vegetables of  
the Day

Vegetables of  
the Day

Vegetables of  
the Day

**DESSERT  
OF THE  
DAY**

**CHOC  
ORANGE  
COOKIE**

**SUMMER  
FRUIT  
CRUMBLE**  
With  
Custard

**FRUIT  
MUFFINS**

**PEACH CAKE**  
With Custard

**CHOCOLATE  
BROWNIE**

**CHECK  
OUT**

OUR HOT AND  
COLD GRAB &  
GO SELECTION

**MEAL DEAL  
PRICE**

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