

WEEK ONE
CRUNCH DELI SWMS ENERGY CRUNCH EXCITING TANGY FUSION LUNCH SOCIAL

MONDAY
CARIBBEAN
 Mild Caribbean Chicken, Coconut & Pineapple Curry
 Wholegrain Rice*
 Garlic & Lime Corn on the Cob



TUESDAY
CHINESE
 Aromatic Soy Pork with Egg Noodles
 Wok Tossed Oriental Vegetables



WEDNESDAY
BRITISH
 British Roast Turkey with Mashed Potatoes & Gravy
 Carrots
 Roast Parsnips



THURSDAY
INDIAN
 Beef Keema Balti Curry
 Saag Aloo
 Naan Bread



FRIDAY
BRITISH
 Home-made Battered Fish Fillet
 Chips
 Peas & Carrots



DEEP SOUTH DINER
Choose a main: New Yorker Quorn Dog ✓ **OR** Halloumi & Roasted Vegetable Wrap ✓
 Sweet Herby Crushed New Potatoes
 Mixed House Salad



WINGS & THINGS
Choose a main: Special Marinated Roast Chicken Drumsticks with BBQ or Sticky Tabasco Dressing **OR** Vegetable Quarter Pounder ✓
 Cajun Wedges
 BBQ Slaw



DEEP SOUTH DINER
Choose a main: Ultimate Beef Burger **OR** Lentil, Pepper & Sweetcorn Sloppy Joe Burger ✓
 Paprika Wedges
 Beetroot, Carrot & Apple Salad



WINGS & THINGS
Choose a main: Chicken Thigh Flatbread Wrap with Lemon & Herb or Piri Piri **OR** Quorn & Mushroom Burger ✓
 Red Onion & Cheese Loaded Potato Skins
 Caesar Salad



DEEP SOUTH DINER
Choose a main: Cajun Pulled Pork & Bean Pitta **OR** Vegetable & Bean Quesadilla ✓
 Chips
 Pineapple Coleslaw



SPEEDY ITALIAN
 Vegetable Supreme Pizza ✓
 Vegetable Bolognese Pasta ✓
 Margherita Pizza ✓



SPEEDY ITALIAN
 Bacon Pizza
 Arrabiata Pasta ✓
 Margherita Pizza ✓



SPEEDY ITALIAN
 Hawaiian Pizza
 Chicken & Tomato Pasta Bake
 Margherita Pizza ✓



SPEEDY ITALIAN
 3 Cheese Sicilian Pizza ✓
 Chunky Vegetable Pasta ✓
 Margherita Pizza ✓



SPEEDY ITALIAN
 Vegetable Hot One Pizza ✓
 Herby Tomato Pasta ✓
 Margherita Pizza ✓







WEEK TWO
BRITISH **CRUNCH** **DELI** **SW** **ENERG** **SO** **CULTURE** **EXCITING** **NUTRITIOUS** **DELICIOUS** **FUS** **ION**
FOURITES **WEEK TWO** **ENERG** **SO** **CRUNCH** **EXCITING** **TANGY** **FUSION** **LUNCH SOCIAL**

BREAKFAST
BRUNCH
FAST
FRESH
NO
SNACKS
DRINKS

MONDAY	BRITISH Cheese, Tomato & Potato Bake ✓ Broccoli	
TUESDAY	MEXICAN Baked Beef Chimichangas Wholegrain Rice* Courgettes with Peppers	
WEDNESDAY	BRITISH Twice Cooked Pork Belly with Mashed Potatoes Braised Red Cabbage Carrots	
THURSDAY	JAPANESE Chicken Katsu Curry Rice Noodles Wok Tossed Oriental Vegetables	
FRIDAY	BRITISH Home-made Battered Fish Fillet or Thai Sweet Chili Salmon Wrap*** Chips Carrots & Peas	

DEEP SOUTH DINER Choose a main: Sweetcorn & Vegetable Burger ✓ OR Vegetable Chilli Tacos ✓ Crushed Sweet Potato Red Slaw	
WINGS & THINGS Choose a main: Chicken Mayo Burger OR BBQ Pulled Quorn Wrap ✓ Paprika Wedges BBQ Beans	
DEEP SOUTH DINER Choose a main: Deep South Burger OR Sweet Potato & Black Bean Enchilada ✓ Baked Garlic & Herb Wedges Sweetcorn Fritters	
WINGS & THINGS Choose a main: Marinated Roast Chicken Drumsticks with BBQ or Sticky Tabasco Dressing OR BBQ Quorn and Vegetable Skewer ✓ Garlic Bread* Corn on the Cob	
DEEP SOUTH DINER Choose a main: BBQ Pulled Pork Burger OR Quorn Sausage Pattie & Cheese Bun ✓ Chips Apple Slaw	

SPEEDY ITALIAN Vegetable Hot One Pizza ✓ Arrabiatta Pasta ✓ Margherita Pizza ✓	
SPEEDY ITALIAN Chicken Supreme Pizza Herby Tomato Pasta ✓ Margherita Pizza ✓	
SPEEDY ITALIAN Vegetable Supreme Pizza ✓ BBQ Chicken Pasta* Margherita Pizza ✓	
SPEEDY ITALIAN Bacon Pizza Beef Lasagne Margherita Pizza ✓	
SPEEDY ITALIAN Sicilian Cheese & Tomato Pizza ✓ Italian Chicken Pasta Margherita Pizza ✓	

MEALS
DRINKS
DESSERTS
SNACKS
WINE
BEER
COFFEE
TEA
SMOOTHIES
ICE CREAM
CAKES
BREADS
PASTAS
PIZZAS
BURGERS
WRAPS
CHIPS
SALADS
SOUPS
DRINKS
DESSERTS
SNACKS
WINE
BEER
COFFEE
TEA
SMOOTHIES
ICE CREAM
CAKES
BREADS
PASTAS
PIZZAS
BURGERS
WRAPS
CHIPS
SALADS
SOUPS

MONDAY

INDIAN

Chickpea & Tomato Masala ✓
 Wholegrain Rice*
 Green Beans



TUESDAY

CHINESE

BBQ Mandarin Pork
 Cantonese Style Noodles
 Stir Fried Vegetables



WEDNESDAY

BRITISH

Roast Beef with Mashed Potatoes & Gravy
 Carrots
 Broccoli



THURSDAY

THAI

Thai Red Chicken Curry
 Lime & Coriander Rice
 Cabbage Stir Fry with Apple



FRIDAY

BRITISH

Home-made Battered Fish Fillet
 Chips
 Carrots & Peas



DEEP SOUTH DINER

Choose a main: Chilli Beef Nachos **OR** Black Eyed Bean Vegetable Burger ✓
 Paprika Wedges
 Corn Slaw



WINGS & THINGS

Choose a main: Special Marinated Roast Chicken Drumsticks with BBQ or Sticky Tabasco **OR** Loaded Triple Mac 'N' Cheese ✓
 Vegetable Rice
 Southern Greens



DEEP SOUTH DINER

Choose a main: Quorn Cheese Burger ✓ **OR** Cauliflower & Creamed Corn Bake ✓
 Baked Garlic & Herb Wedges
 BBQ Beans



WINGS & THINGS

Choose a main: Smoky BBQ Chicken & Boston Bean Wrap **OR** Grilled Piri Butternut & Halloumi Skewers ✓
 Tomato & Herb Rice
 Sweetcorn Fritter



DEEP SOUTH DINER

Choose a main: New York Hot Dog ✓ **OR** Garlic & Herb Mac N Cheese with Crispy Onion Topping
 Chips
 House Slaw



SPEEDY ITALIAN

Vegetable Hot One Pizza ✓
 Cheesy Penne Pasta ✓
 Margherita Pizza ✓



SPEEDY ITALIAN

3 Cheese Sicilian Pizza ✓
 Beef Lasagne
 Margherita Pizza ✓



SPEEDY ITALIAN

Mushroom & Sweetcorn Pizza ✓
 Carbonara Pasta ✓
 Margherita Pizza ✓



SPEEDY ITALIAN

Sicilian Cheese & Tomato Pizza
 Herby Tomato Pasta ✓
 Margherita Pizza ✓



SPEEDY ITALIAN

Cajun Chicken Sizzler Pizza
 Beef Bolognese & Penne Pasta
 Margherita Pizza ✓

