

This Week's MENU

**WEEK
ONE**

	MONDAY 17 th AUG	TUESDAY 18 th AUG	WEDNESDAY 19 th AUG	THURSDAY 20 th AUG	FRIDAY 21 st AUG
SOUP OF THE DAY	<i>INSET</i>	<i>INSET</i>	<i>INSET</i>	Minestrone (VG) <i>(Sulphites)</i> Leek & Potato (VG) <i>(n/a)</i>	Mexican Bean (VG) <i>(MC Wheat)</i> Vegetable (VG) <i>(Sulphites)</i>
MAIN COURSE	<i>INSET</i>	<i>INSET</i>	<i>INSET</i>	Halal Chicken Burger with Oven Baked Wedges <i>(Wheat, Eggs, MC Sesame)</i>	Fish Goujon Wrap <i>(Wheat, MC Crustaceans, Fish, MC Molluscs)</i>
MEAT FREE AND VEGAN	<i>INSET</i>	<i>INSET</i>	<i>INSET</i>	Vegetable Burger With Oven Baked Wedges (VG) <i>(Wheat, MC Sesame)</i>	Veggie Finger Wrap (V) <i>(Wheat, Eggs)</i>
SENIOR GRAB&GO	<i>INSET</i>	<i>INSET</i>	<i>INSET</i>	TASTE OF MEXICO Halal Mexican Beef Burrito with Nachos <i>(Wheat, Milk, MC Soy)</i>	Sweet Chilli Chicken Pitta Bread with Greek Salad <i>(Wheat, Milk ,MC Soy)</i>
ON THE SIDE	<i>INSET</i>	<i>INSET</i>	<i>INSET</i>	Oven Baked Wedges Mini Corn on the Cob	Greek Salad <i>(Milk)</i> French Fries <i>(Soy)</i>

- DAILY OFFERINGS -

- Baked Potatoes - Served With Cold Fillings Tuna Mayo *(Eggs, Fish)*, Cheese *(Milk)* and Additional Fillings
- Pasta – Please Check With The Catering Team Regarding Allergens.
- NCGI – Non Gluten Containing Ingredient (Gluten Free) / V (Vegetarian) / VG (Vegan)



This Week's MENU

**WEEK
TWO**

	MONDAY 24 th AUG	TUESDAY 25 th AUG	WEDNESDAY 26 th AUG	THURSDAY 27 th AUG	FRIDAY 28 th AUG
SOUP OF THE DAY	Chicken and Sweetcorn (Eggs) Tomato & Mediterranean Vegetable (VG) (Sulphites)	Lentil, Coconut & Chilli (VG) (Celery, MC Wheat) Vegetable with Pasta (VG) (Wheat)	Ham and Pea (Sulphites) Red Lentil (VG) (MC Wheat)	Tomato and Fresh Basil (VG) (Wheat) Leek & Potato (VG) (n/a)	Mexican Bean (V) (Milk) Vegetable (VG) (MC Sulphites)
MAIN COURSE	BEST OF BRITISH Pork Sausage and Mashed Potato (Wheat, Milk, Soy, Sulphites)	TASTE OF INDIA Butter Chicken Curry (Milk)	Halal Beef Bolognese with Penne Pasta (MC Celery, Wheat)	Beef Stroganoff with Steamed Rice (MC Wheat, MC Eggs, Milk, MC Nuts)	Crispy Fish Finger Wrap (Wheat, Eggs, Fish)
MEAT FREE AND VEGAN	BEST OF BRITISH Veggie Sausage and Mashed Potato (V) (Wheat, Milk)	TASTE OF INDIA Potato and Lentil Curry with Steamed Rice (VG) (MC Celery, MC Wheat)	Macaroni Cheese with Tomato Salad (V) (Wheat, Milk)	Mushroom Stroganoff with Steamed Rice (V) (Milk, Mustard, Sulphites)	TASTE OF MEXICO Spicy Vegetables and Bean Quesadilla with Guacamole (V) (Wheat, Milk)
SENIOR GRAB&GO	TASTE OF EAST ASIA Giant Vegetable Spring Rolls with Egg Fried Rice (Wheat, Egg, Milk, Sesame, Soy)	Hunters Chicken Panini (Wheat, Milk, Soy)	TASTE OF MEDITERRANEAN Halal Chicken Shawarma Flatbread (Wheat, Milk)	Crispy Shredded Chicken Wrap (MC Celery, Wheat, Eggs, MC Sesame, Soy)	TASTE OF EAST ASIA Donburi Rice Bowl with Teriyaki Mushroom (V) (Wheat, Eggs, Soy)
ON THE SIDE	Mashed Potatoes (Milk) Broccoli Coleslaw	Garlic and Herb Slice (Wheat) Green Beans Peas	Cucumber and Green Bean Salad (Mustard, Sulphites)	Oven Baked Wedges (Wheat) Mini Corn on the Cob	Garden Peas Grated Carrot

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This Week's MENU

**WEEK
THREE**

	MONDAY 31 ST AUG	TUESDAY 1 ST SEPT	WEDNESDAY 2 ND SEPT	THURSDAY 3 RD SEPT	FRIDAY 4 TH SEPT
SOUP OF THE DAY	Chunky Veg and Lentil (VG) <i>(Celery)</i> Mushroom (V) <i>(Milk)</i>	Tomato and Mediterranean Vegetables (VG) <i>(Sulphites)</i> Pea and Mint (VG) <i>(n/a)</i>	Cream of Cauliflower (V) <i>(Milk)</i> Sweet Pepper and Tomato (VG) <i>(n/a)</i>	Carrot and Coriander (V) <i>(Celery, Eggs, Milk)</i> Leek and Potato (VG) <i>(n/a)</i>	Sweet Potato & Coconut (VG) <i>(n/a)</i> Vegetable (VG) <i>(MC Wheat)</i>
MAIN COURSE	Country Beef Hot Pot <i>(n/a)</i>	TASTE OF EAST ASIA Southern Fried Chicken Katsu with Steamed Rice <i>(Celery, Wheat, Soy)</i>	Halal Chicken and Sweetcorn Pizza <i>(Wheat, Milk, MC Soy)</i>	Chicken and Veg Korma with Basmati Rice <i>(MC Wheat, MC Nuts, Soy, Sulphites)</i>	Chicken and Broccoli Pasta Bake <i>(Wheat, Milk)</i>
MEAT FREE AND VEGAN	Butternut and Sweet Potato Tagine (VG) <i>(MC Wheat)</i>	TASTE OF EAST ASIA Mild Sweet Potato Curry with Steamed Rice (VG) <i>(n/a)</i>	Margherita Pizza (V) <i>(Wheat, Milk, Soy)</i>	Vegetable Korma with Basmati Rice (VG) <i>(MC Wheat)</i>	Penne Pasta Vegetable Bake (V) <i>(Wheat, Milk)</i>
SENIOR GRAB&GO	Chicken Caesar Wrap <i>(Wheat, Eggs, Milk)</i>	TASTE OF MEXICO Loaded Nachos with 5 Bean Chilli (VG) <i>(Celery, Wheat, Soy)</i>	Southern Fried Chicken Goujon with Sweet Potato Salad <i>(Celery, Wheat)</i>	Baked Halal Chicken Fajita Wrap <i>(Wheat, Milk)</i>	Fish and Chips <i>(Wheat, Fish, Soy)</i>
ON THE SIDE	Mashed Potatoes <i>(Milk)</i> Fragrant Cous Cous <i>(Wheat, MC Mustard, MC Soy)</i> Carrots	Steamed Rice Green Beans Peas	Sweet Potato Salad <i>(MC Wheat, Milk)</i> Cucumber Salad	Basmati Rice <i>(MC Wheat)</i> Cucumber Raita <i>(MC Wheat, Milk)</i> Bean Salad	Garlic and Herb Slice <i>(Wheat, MC Milk, MC Soy)</i> Peas

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This Week's MENU

**WEEK
FOUR**

	MONDAY 7 TH SEPT	TUESDAY 8 TH SEPT	WEDNESDAY 9 TH SEPT	THURSDAY 10 TH SEPT	FRIDAY 11 TH SEPT
SOUP OF THE DAY	Lentil (VG) (Celery, MC Wheat) Ham & Pea (Sulphites)	Minestrone (VG) (Sulphites) Cream of Mushroom (V) (Milk)	Broccoli (VG) (Sulphites) Sweet Potato & Carrot (VG) (n/a)	Lentil (VG) (Celery, Wheat) Curried Parsnip, Lentil and Apple (VG) (MC Wheat)	Sweet Pepper and Tomato (V) (n/a) Chunky Vegetable (VG) (Celery)
MAIN COURSE	TASTE OF EAST ASIA Chicken Stir Fry with Egg Noodles (Wheat, Eggs, Soy)	BEST OF BRITISH Steak Pie with Parsley Potatoes (Wheat, Soy)	Halal Chicken & Bean Enchilada (Wheat, Milk)	Chicken Carbonara (Wheat, Milk)	Fajita Chicken Melt Panini with Side Salad (Wheat, Milk, MC Soy)
MEAT FREE AND VEGAN	TASTE OF EAST ASIA Mushroom Stir Fry With Noodles (V) (Wheat, Eggs, Soy)	BEST OF BRITISH Veggie Mince and Tatties (V) (Celery, MC Eggs, Milk, MC Mustard, Soy)	Roasted Rainbow Veggies with Red Pepper Rice (V) (Wheat, Milk)	Cheesy Pesto Pasta (V) (Wheat, Milk)	Cheese and Tomato Panini with Side Salad (V) (Wheat, Milk, MC Soy)
SENIOR GRAB&GO	Halal Cheeseburger with Coleslaw (Wheat, Milk, Mustard, MC Sesame, Soy, Sulphites)	Fajita Chicken Melt Panini with Side Salad (Wheat, Milk, MC Soy)	Halal Pesto Chicken Pizza (Wheat, Milk, MC Soy)	Sweet Chilli Falafel Flatbread with Bejewelled Salad (Wheat)	Cheese and Ham Frittata (Eggs, Milk)
ON THE SIDE	Stir Fried Vegetables (Wheat, Eggs, Milk, Soy) Fries (Soy)	Carrots Peas	Red Pepper Rice (Soy) Coleslaw (Mustard)	Broccoli Peas	Charred Vegetables Green Beans

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