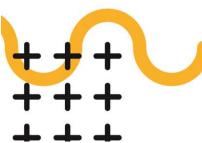
MENU

	Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
	Main Dish	BBQ Chicken Served On A bed of Braised Rice	Cottage Pie Served with Seasonal Vegetables	Roast Chicken, crispy roast potatoes and gravy	Chicken Singapore noodles	Crispy battered fish with chunky chips
	Vegetarian Main Dish	Vegetable Chilli Served with Rice	Tomato And Roasted Peppers Pasta Served with Garlic Bread	Cheesy potato and leek pie served with crispy roast potatoes	Sweet Potato Curry Served on A Bed Of Braised Rice	Falafel in a pitta with crunchy slaw and chunky chips
	Accompaniments 5	Garden peas Salad bar	Corn of the cob Salad bar	Carrots and Broccoli Salad bar	Green beans Salad bar	Mushy peas Salad bar
	Street Food	Jacket Potato TUGO Pizza Bamboo pasta selection of the day	Jacket Potato Love Joes chicken wrap. Bamboo pasta selection of the day	Jacket Potato TUGO Pizza Bamboo pasta selection of the day	Jacket Potato Love Joes chicken pitta. Bamboo pasta selection of the day	Jacket Potato Hot And Spicy Chicken Wings Bamboo pasta selection of the day
	Cold G&G	Baguettes, sandwiches, wraps & salads	Baguettes, sandwiches, wraps & salads	Baguettes, sandwiches, wraps & salads	Baguettes, sandwiches, wraps & salads	Baguettes, sandwiches, wraps & salads
	Desserts	Selection of home-bakes, dessert pots & fruit pots	Selection of home-bakes, dessert pots & fruit pots	Selection of home-bakes, dessert pots & fruit pots	Selection of home-bakes, dessert pots & fruit pots	Selection of home-bakes, dessert pots & fruit pots







1 OF YOUR 5 a Day



MEAT-FREE (VEGETARIAN)



CHEF'S CHOICE

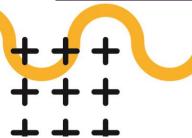


PLANT-BASED (VEGAN)



MENU

	Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
	Main Dish	Sweet And Sour Chicken Served on a Bed Of Noodles	Spaghetti Bolognaise Served With Garlic Bread	Roast chicken, sage and onion stuffing and gravy served with creamy mash potato	Homemade Beef Lasagne with garlic bread	Crispy battered fish goujons. or chicken wings with chunky chips
	Vegetarian Main Dish	Mac And Cheese Served with Garlic Bread	BBQ Quorn Served on a bed of Noodles.	Quorn Sausages and gravy served with creamy mash potato	Mixed Vegetable Tikka Served on A Bed of Rice	Sweet N sour Quorn Wraps
	Accompaniments	Steamed broccoli. Salad bar	Green beans Salad bar	Seasonal vegetables Salad bar	Garden peas. Salad bar	Mushy peas Baked beans. Salad bar
	Street Food	Jacket Potato TUGO Pizza Bamboo pasta selection of the day	Jacket Potato Love Joes chicken wrap Bamboo pasta selection of the day	Jacket Potato TUGO Pizza Bamboo pasta selection of the day	Jacket Potato Love Joes chicken pitta Bamboo pasta selection of the day	Jacket Potato TUGO Pizza Bamboo pasta selection of the day
	Cold G&G	Baguettes, sandwiches, wraps & salads	Baguettes, sandwiches, wraps & salads	Baguettes, sandwiches, wraps & salads	Baguettes, sandwiches, wraps & salads	Baguettes, sandwiches, wraps & salads
	Dessert	Selection of home-bakes, dessert pots & fruit pots	Selection of home-bakes, dessert pots & fruit pots	Selection of home-bakes, dessert pots & fruit pots	Selection of home-bakes, dessert pots & fruit pots	Selection of home-bakes, dessert pots & fruit pots







1 OF YOUR 5 a Day



MEAT-FREE (VEGETARIAN)



CHEF'S CHOICE



PLANT-BASED (VEGAN)



MENU

Week 3	MEAT Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Jerk Chicken Served With Rice and Peas	Chicken Paninis Served with Salad and Crunchy Slaw	Roast Turkey Served With crispy roast potatoes and gravy	Chicken Korma Served on A bed Of Rice and Poppadom's	Jumbo fish fingers or chicken wings served with chunky chips
Vegetarian Main Dish	Cheese And Onion Quiche Served with Couscous And Salad	No chicken teriyaki with rice	Vegetarian cottage pie with gravy	Spiced vegetable jambalaya Served with Braised Rice	Roasted Mediterranean Vegetable calzone Served With Tossed Salad
Accompaniments 5	Sweetcorn Salad bar	Carrot batons Salad bar	Seasonal Vegetables Salad bar	Corn On the Cob Salad bar	Minted Peas Salad bar
Street Food	Jacket Potato TUGO Pizza Bamboo pasta selection of the day	Jacket Potato Love Joes chicken wrap Bamboo pasta selection of the day	Jacket Potato TUGO Pizza Bamboo pasta selection of the day	Jacket Potato Love Joes chicken pitta Bamboo pasta selection of the day	Jacket Potato TUGO Pizza Bamboo pasta selection of the day
Italian Daily Special	Baguettes, sandwiches, wraps & salads	Baguettes, sandwiches, wraps & salads	Baguettes, sandwiches, wraps & salads	Baguettes, sandwiches, wraps & salads	Baguettes, sandwiches, wraps & salads
Dessert	Selection of home-bakes, dessert pots & fruit pots	Selection of home-bakes, dessert pots & fruit pots	Selection of home-bakes, dessert pots & fruit pots	Selection of home-bakes, dessert pots & fruit pots	Selection of home-bakes, dessert pots & fruit pots





1 OF YOUR 5 a Day



MEAT-FREE (VEGETARIAN)



CHEF'S CHOICE



PLANT-BASED (VEGAN)

