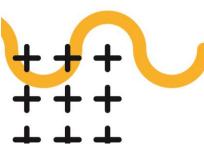
MENU

	Week 1	MEAT Monday	Tuesday	Wednesday	Thursday	MEAT Friday
	Main Dish	Vegetarian sausage, red onion gravy and champ mash potato	Fiery Mexican chilli, brown rice, sour cream and sa	Roast chicken, crispy roast potatoes and gravy	Chicken Singapore noodles	Crispy battered fish with chunky chips
	Vegetarian Main Dish	weet potato and squash stew with pea and mint couscous	Quorn and vegetable lasagne with garlic bread	Cheesy potato and leek pie topped with puff pastry served with crispy roast potatoes	Cheese & broccoli quiche	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 Baked beans Salad bar
	Street Food	Jacket Potato TUGO Pizza	Jacket Potato Love Joes chicken wrap	Jacket Potato TUGO Pizza	Jacket Potato Love Joes chicken pitta	Jacket Potato TUGO Pizza
	Bamboo @ the pod	Bamboo pasta selection of the day	Bamboo pasta selection of the day	Bamboo pasta selection of the day	Bamboo pasta selection of the day	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

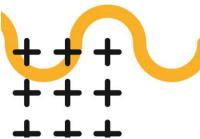


PLANT-BASED (VEGAN)



MENU

	Week 2	MEAT Monday	Tuesday	Wednesday	Thursday	Friday MEAT FREE
	Main Dish	Mac & Cheese with garlic bread	Chicken biriyani, homemade naan bread and chilli and coriander chutney	Roast chicken, sage and onion stuffing and gravy served with creamy mash potato	Lasagne with toasted garlic bread	Crispy battered fish goujons with chunky chips
	Vegetarian Main Dish	No-chicken teriyaki noodles	Piri Piri Quorn fillet with lemon couscous & tomato salsa	Quorn roast, sage and onion stuffing and gravy served with creamy mash potato	Squash and chickpea Balti with pilau rice	Mexican Quorn burrito with salsa
<u></u>	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	Jacket Potato Love Joes chicken wrap	Jacket Potato TUGO Pizza	Jacket Potato Love Joes chicken pitta	Jacket Potato TUGO Pizza
	Bamboo @ the pod	Bamboo pasta selection of the day	Bamboo pasta selection of the day	Bamboo pasta selection of the day	Bamboo pasta selection of the day	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	Monday	Tuesday	Wednesday	Thursday	Friday MEAT FREE
	Main Dish	Beef burger slider with wedges	Creamy chicken and leek pie with a golden pastry top served with mash potatoes	Roast Turkey with crispy roast potatoes and gravy	Hareem's chicken curry with rice and naan bread	Jumbo fish fingers served with chunky chips
	Vegetarian Main Dish	Vegetable tikka masala with pilau rice and cucumber raita	Vegetable moussaka	Vegetarian cottage pie with gravy	Spiced vegetable jambalaya	Roasted Mediterranean vegetable calzone
(Accompaniments 5	Sweetcorn Salad bar	Carrot batons Salad bar	Braised red cabbage Salad bar	Green beans Salad bar	Mushy peas Baked beans Salad bar
	Street Food	Jacket Potato TUGO Pizza	Jacket Potato Love Joes chicken wrap	Jacket Potato TUGO Pizza	Jacket Potato Love Joes chicken pitta	Jacket Potato TUGO Pizza
	Bamboo @ the pod	Bamboo pasta selection of the day	Bamboo pasta selection of the day	Bamboo pasta selection of the day	Bamboo pasta selection of the day	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)

