

MENU CYCLE WEEK 1



Monday	Tuesday	Wednesday	Thursday	Friday
<i>SMOTHERED CHICKEN</i> A cooked chicken breast topped with BBQ sauce and cheese, and served with savoury rice and green beans	<i>LASAGNE</i> Fresh minced beef cooked with onions, carrots, garlic, herbs and tomatoes, then layered up between lasagne pasta sheets and topped with a béchamel sauce and baked in the oven, served with salad	<i>ROAST TURKEY</i> Roast turkey & stuffing served with roast potatoes, carrots, broccoli and gravy	<i>CHICKEN JALFREZI</i> Fresh chicken pieces cooked with onions, garlic, green chilli, tomatoes, coriander, cumin, turmeric, red pepper, garam masala and red chillies, served on a bed of rice with Naan bread and sweetcorn	<i>CHIP SHOP DAY</i> Choose from Battered Cod Fillet, a Piri Piri Spiced Chicken Breast or a Bean Burger all oven baked in the oven and served with chips and mushy peas Also available: Curry Sauce & Bread and Butter
OR	OR	OR	OR	
<i>SWEET CHILLI QUORN</i> Quorn pieces cooked with onions and peppers in a sweet chilli sauce and served on a bed of rice with green beans	<i>BUTTERNUT SQUASH & LENTIL CURRY</i> Chunks of butternut squash cooked with onions, and lentils in mild spices and served on a bed of rice with Naan bread and broccoli	<i>SALT & PEPPER QUORN NUGGETS</i> Pan fried strips of peppers and onions, with garlic, then mixed with Quorn nuggets and dusted with salt & pepper seasoning served with rice and broccoli	<i>TOMATO & FETA TARTS</i> A puff pastry base topped with pesto, sliced tomatoes and a sprinkling of feta baked in the oven, served with crusty bread and salad	
OR				
<i>CRISPY CHICKEN WRAP</i> A tortilla wrap filled with crispy chicken goujons (or Quorn nuggets) & lettuce	<i>PANINI</i> A selection of filled panini's	<i>PIZZA SLICE</i> A selection of pizza slices will be available	<i>'KICKEN' CHICKEN BURGER</i> A chicken breast coated in a spicy batter, baked in the oven and served in a bun with lettuce and mayo	
HOT ALTERNATIVES Jacket Potatoes and Pasta Pots served daily				
DELI BAR A selection of sandwiches, baguettes, wraps and salads available daily				
FOR DESSERT A selection of home bakery items available everyday: biscuits and cakes A selection of fresh fruit, fruit pots and yoghurts are also available everyday				



MENU CYCLE WEEK 2



Monday	Tuesday	Wednesday	Thursday	Friday
<p>SWEET & SOUR CHICKEN Fresh chicken pieces cooked with onions, peppers and pineapple and served in a homemade sweet and sauce on a bed of egg noodles with sweetcorn</p>	<p>TACO TUESDAY Fresh minced beef cooked with onions, tomatoes, peppers and a mild chilli powder, and served in a Taco shell with rice and mixed salad</p>	<p>FILLED YORKSHIRE PUDDING A Yorkshire pudding filled with sausage, mashed potatoes, peas and gravy</p>	<p>SALT & PEPPER Fresh chicken pieces or cooked with onions, peppers and a salt and pepper seasoning, served with homemade potato wedges and green beans</p>	<p>CHIP SHOP DAY Choose from fish fingers, sausages or Quorn nuggets all oven baked in the oven and served with chips and mushy peas</p> <p>Also available: Gravy & Bread and Butter</p>
<p>OR</p>	<p>OR</p>	<p>OR</p>	<p>OR</p>	
<p>BROCOLLI QUICHE A pastry case filled with broccoli, and seasoned eggs then topped with cheese and baked in the oven and served with new potatoes and salad</p>	<p>KATSU QUORN CURRY Quorn nuggets served on a bed of rice with a homemade Katsu curry sauce and broccoli</p>	<p>CHINESE QUORN NOODLES Quorn pieces cooked with onions, garlic, peppers, soy sauce and Chinese 5 spice and mixed with egg noodles and served with broccoli</p>	<p>THREE BEAN CHILLI Mixed beans cooked with onions, carrots, sweetcorn, mushrooms and tomatoes in a mild chilli spice and served on a bed of rice with green beans</p>	
<p>OR</p>				
<p>CRISPY CHICKEN WRAP A tortilla wrap filled with crispy chicken goujons (or Quorn nuggets) & lettuce</p>	<p>PANINI A selection of filled panini's</p>	<p>PIZZA SLICE A selection of pizza slices will be available</p>	<p>'KICKEN' CHICKEN BURGER A chicken breast coated in a spicy batter, baked in the oven and served in a bun with lettuce and mayo</p>	
<p>HOT ALTERNATIVES Jacket Potatoes & Pasta Pots served daily</p>				
<p>DELI BAR A selection of sandwiches, baguettes, wraps and salads available daily</p>				
<p>FOR DESSERT A selection of home bakery items available everyday: biscuits and cakes A selection of fresh fruit, fruit pots and yoghurts are also available everyday</p>				



MENU CYCLE WEEK 3



Monday	Tuesday	Wednesday	Thursday	Friday
<i>KATSU CURRY</i> Oven baked chicken goujons served on a bed of basmati rice with a homemade Katsu curry sauce and broccoli	<i>STEAK PIE</i> Chunks of fresh beef cooked slowly with onions and carrots in a gravy and topped with a pastry lid and served with mashed potatoes, peas and gravy	<i>SWEET CHILLI CHICKEN</i> Fresh chicken pieces cooked with onions and peppers and served on a bed of noodles with a sweet chilli sauce and sweetcorn	<i>SPAGHETTI BOLOGNAISE</i> Fresh minced beef cooked with onions, tomatoes, garlic and herbs and served with spaghetti pasta and green beans	<i>CHIP SHOP DAY</i> Choose from Battered Cod Fillet, a Piri Piri Spiced Chicken Breast or a Bean Burger all oven baked in the oven and served with chips and mushy peas Also available: Curry Sauce & Bread and Butter
OR	OR	OR	OR	
<i>VEGATARIAN SAUSAGE & MASH</i> Quorn sausages baked in the oven and served with mashed potatoes, peas and gravy	<i>SMOOTHERED QUORN</i> A Quorn fillet topped with BBQ sauce and cheese and baked in the oven and served with savoury rice and broccoli	<i>BBQ QUORN QUASILDILLA</i> Tortilla wrap topped with cheese, sliced Quorn and BBQ sauce, then more cheese and topped with a tortilla and baked in the oven and served with salad	<i>CHEESE & ONION PIE</i> A pastry case filled with cheese, onion and mashed potato and baked in the oven and served with baked beans	
OR				
<i>CRISPY CHICKEN WRAP</i> A tortilla wrap filled with crispy chicken goujons (or Quorn nuggets) & lettuce	PANINI A selection of filled panini's	<i>PIZZA SLICE</i> A selection of pizza slices will be available	<i>'KICKEN' CHICKEN BURGER</i> A chicken breast coated in a spicy batter, baked in the oven and served in a bun with lettuce and mayo	
HOT ALTERNATIVES Jacket Potatoes & Pasta Pots served daily				
DELI BAR A selection of sandwiches, baguettes, wraps and salads available daily				
FOR DESSERT A selection of home bakery items available everyday: biscuits and cakes A selection of fresh fruit, fruit pots and yoghurts are also available everyday				

