

MENU CYCLE WEEK 1



Monday	Tuesday	Wednesday	Thursday	Friday
SPAGHETTI BOLOGNAISE Minced beef cooked with onions, garlic, tomatoes and herbs and served on a bed of pasta with garlic bread and broccoli	BEEF BALTI Pieces of beef cooked with onions, green peppers in mild spices and served with rice and Naan bread	HOMEMADE SAUSAGE ROLLS Butcher's quality sausage meat wrapped in puff pastry and served with mashed potatoes and baked beans	MANDO'S Marinated chicken (choose from Lemon & Herb or Piri Piri) served with a spicy rice, coleslaw or sweetcorn	CHIP SHOP DAY Choose from Battered Cod Fillet or Quorn nuggets baked in the oven or Chicken Curry served with chips and peas or baked beans Also available: Curry Sauce & Bread and Butter
OR	OR	OR	OR	
SALT & PEPPER QUORN Pieces of Quorn cooked with onions and peppers and seasoned with salt, pepper and Chinese five spice and served with rice and broccoli	QUORN BURGER A Quorn burger baked in the oven and served on a floury bap with wedge potatoes and salad	CHEESE & ONION QUICHE A pastry case filled with eggs, broccoli, tomatoes and cheese and baked in the oven, served with new potatoes and salad	VEGATARIAN SAUSAGE & MASH Quorn sausages baked in the oven and served with mashed potatoes, peas and gravy	
OR				
CRISPY CHICKEN WRAP A tortilla wrap filled with crispy chicken goujons (or Quorn nuggets) & lettuce	PIZZA SLICE A selection of pizza slices will be available	HOTDOGS Choose from a traditional pork sausage or a Quorn sausage served in a finger roll	BURGER DAY Choose from a 'Kickin' Chicken Burger, Cheeseburger or a Southern Style Quorn burger served in a American burger bun	
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 NOODLES Diced chicken, green peppers and onions, served in a sweet & sour sauce with egg noodles and broccoli</p>	<p>CHICKEN TIKKA Pieces of chicken marinated in yoghurt and spices then cooked with onions and tomatoes, served on a bed of rice with Nann bread</p>	<p>SAUSAGE & MASH Traditional pork sausages served with mashed potatoes, peas and gravy</p>	<p>CHILLI NACHOS Minced beef cooked with onions, tomatoes, peppers and kidney beans and chilli powder, topped with tortilla chips and cheese and served with rice and salad</p>	<p>CHIP SHOP DAY Choose from Battered Cod Fillet or Quorn nuggets baked in the oven or Chicken Curry served with chips and peas or baked beans</p> <p>Also available: Curry Sauce & Bread and Butter</p>
OR	OR	OR	OR	
<p>QUORN PASTA BAKE Quorn balls served in a homemade tomato sauce, mixed with pasta, topped with cheese and baked in the oven, served with garlic bread and salad</p>	<p>SMOTHERED QUORN A Quorn fillet topped with BBQ sauce and cheese and baked in the oven and served with potato wedges and salad</p>	<p>QUORN FRIED RICE Rice pan fried with pieces of Quorn, onions, garlic, rice, eggs, peas and spring onions then seasoned with Chinese five spice and soy sauce served with sweetcorn</p>	<p>QUORN FAJITA A flour tortilla filled with Quorn slices cooked with onions and peppers in mild spices, served with rice and sweetcorn</p>	
OR				
<p>CRISPY CHICKEN WRAP A tortilla wrap filled with crispy chicken goujons (or Quorn nuggets) & lettuce</p>	<p>PIZZA SLICE A selection of pizza slices will be available</p>	<p>HOTDOGS Choose from a traditional pork sausage or a Quorn sausage served in a finger roll</p>	<p>BURGER DAY Choose from a 'Kickin' Chicken Burger, Cheeseburger or a Southern Style Quorn burger served in a American burger bun</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</p>				
<p>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	
CHICKEN PESTO PASTA Pieces of fresh chicken cooked with pesto and combined with pasta and served with salad	BEEF JALFRAZI Fresh beef cooked with onions, garlic, peppers, tomatoes and spices, served on a bed of rice with Naan bread and broccoli	SMOTHERED CHICKEN Fresh chicken cooked topped with BBQ sauce and cheese and baked in the oven, served with potatoes wedges and green beans	CHICKEN FRIED RICE Rice pan fried with pieces of chicken, onions, garlic, rice, eggs, peas and spring onions then seasoned with Chinese five spice and soy sauce served with sweetcorn	CHIP SHOP DAY Choose from Battered Cod Fillet or Quorn nuggets baked in the oven or Chicken Curry served with chips and peas or baked beans Also available: Curry Sauce & Bread and Butter	
OR	OR	OR	OR		
CHEESE PIE A pastry case filled with onions, grated cheese and mashed potato and baked in the oven, served with baked beans	SWEET & SOUR QUORN Quorn pieces, green peppers and onions, served in a sweet & sour sauce with egg noodles and broccoli	THREE BEAN NACHOS Mixed beans cooked with onions, tomatoes, peppers and kidney beans and chilli powder, topped with tortilla chips and cheese and served with rice and salad	VEGGIE QUESADILLA A selection of spicy beans layered between tortilla's and cheese and panfried, served with salad		
OR					
CRISPY CHICKEN WRAP A tortilla wrap filled with crispy chicken goujons (or Quorn nuggets) & lettuce	PIZZA SLICE A selection of pizza slices will be available	HOTDOGS Choose from a traditional pork sausage or a Quorn sausage served in a finger roll	BURGER DAY Choose from a 'Kickin' Chicken Burger, Cheeseburger or a Southern Style Quorn burger served in a American burger bun		
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					

