

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
KATSU CURRY Oven baked chicken goujons served on a bed of basmati rice with a homemade Katsu curry sauce and broccoli	STEAK PIE 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	SWEET CHILLI CHICKEN Fresh chicken pieces cooked with onions and peppers and served on a bed of noodles with a sweet chilli sauce and sweetcorn	SPAGHETTI BOLOGNAISE Fresh minced beef cooked with onions, tomatoes, garlic and herbs and served with spaghetti pasta and green beans	CHIP SHOP DAY 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	
VEGATARIAN SAUSAGE & MASH Quorn sausages baked in the oven and served with mashed potatoes, peas and gravy	SMOOTHERED QUORN A Quorn fillet topped with BBQ sauce and cheese and baked in the oven and served with savoury rice and broccoli	BBQ QUORN QUASILDILLA 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	CHEESE & ONION PIE A pastry case filled with cheese, onion and mashed potato and baked in the oven and served with baked beans	
OR				
CRISPY CHICKEN WRAP A tortilla wrap filled with crispy chicken goujons (or Quorn nuggets) & lettuce	PANINI A selection of filled panini's	PIZZA SLICE A selection of pizza slices will be available	'KICKEN' CHICKEN BURGER 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				

