

# Your Three Week Menu

**Monday**

**Tuesday**



**Wednesday**



**Thursday**



**Friday**



## WEEK ONE

Beef/Veggie Burger in a Bun with Potato Wedges and Baked Beans or Sweetcorn	Minced Beef/Veggie Mince Pie with New Potatoes and Seasonal Vegetables	Roast Pork/Quorn Fillet and Apple Sauce with Roast/Mashed Potatoes Seasonal Vegetables and Gravy	Chicken/Quorn Curry with Rice Naan Bread and Seasonal Vegetables	MSC Fish Or Cheese and Tomato Pizza with Chips Garden Peas or Baked Beans
Filled Jacket Potato with Cheese, Tuna Mayo or Baked Beans Served with Salad	Filled Jacket Potato with Cheese, Tuna Mayo or Baked Beans Served with Salad	Filled Jacket Potato with Cheese, Tuna Mayo or Baked Beans Served with Salad	Filled Jacket Potato with Cheese, Tuna Mayo or Baked Beans Served with Salad	Filled Jacket Potato with Cheese, Tuna Mayo or Baked Beans Served with Salad
Deli Option with a Choice of 2 Breads and Cheese, Tuna Mayo or Sliced Ham Served with Salad	Deli Option with a Choice of 2 Breads and Cheese, Tuna Mayo or Sliced Ham Served with Salad	Deli Option with a Choice of 2 Breads and Cheese, Tuna Mayo or Sliced Ham Served with Salad	Deli Option with a Choice of 2 Breads and Cheese, Tuna Mayo or Sliced Ham Served with Salad	Deli Option with a Choice of 2 Breads and Cheese, Tuna Mayo or Sliced Ham Served with Salad
Chocolate Crispy Cake with a Fruit Wedge	Apple Pie with Custard	Carrot Cake	Fresh Fruit Platter or Sugar Free Jelly with a Fruit Wedge	Ginger Biscuit with a Fruit Wedge

## WEEK TWO

Pork/Quorn Sausages and Mashed Potatoes with Seasonal Vegetables and Gravy	Spaghetti Bolognese/Vegetarian Bolognese with Garlic Bread Seasonal and Vegetables	Gammon Steak/Quorn Fillet and Pineapple with Roast/Mashed Potatoes Seasonal Vegetables Gravy	Chinese Chicken/Quorn Curry with Rice Naan Bread and Seasonal Vegetables	MSC Fish Or Cheese and Tomato Pizza with Chips Garden Peas or Baked Beans
Filled Jacket Potato with Cheese, Tuna Mayo or Baked Beans Served with Salad	Filled Jacket Potato with Cheese, Tuna Mayo or Baked Beans Served with Salad	Filled Jacket Potato with Cheese, Tuna Mayo or Baked Beans Served with Salad	Filled Jacket Potato with Cheese, Tuna Mayo or Baked Beans Served with Salad	Filled Jacket Potato with Cheese, Tuna Mayo or Baked Beans Served with Salad
Deli Option with a Choice of 2 Breads and Cheese, Tuna Mayo or Sliced Ham Served with Salad	Deli Option with a Choice of 2 Breads and Cheese, Tuna Mayo or Sliced Ham Served with Salad	Deli Option with a Choice of 2 Breads and Cheese, Tuna Mayo or Sliced Ham Served with Salad	Deli Option with a Choice of 2 Breads and Cheese, Tuna Mayo or Sliced Ham Served with Salad	Deli Option with a Choice of 2 Breads and Cheese, Tuna Mayo or Sliced Ham Served with Salad
Iced Chocolate and Orange Cake	Fruit Crumble with Custard	Jam and Coconut Sponge	Fresh Fruit Platter or Cheese and Crackers	Golden Crunch Cookie with a Fruit Wedge

## WEEK THREE

Pork/Quorn Sausages with Scrambled Egg English Muffin Baked Beans Mushroom and Tomatoes	Beef/Vegetarian Lasagne with Garlic Bread and Seasonal Vegetables	Roast Chicken/Quorn Fillet served with Sage & Onion Stuffing with Roast/Mashed Potatoes Seasonal Vegetables and Gravy	Chicken/Quorn Curry with Rice and Naan Bread with Seasonal Vegetables	MSC Fish Or Cheese and Tomato Pizza with Chips Garden Peas or Baked Beans
Filled Jacket Potato with Cheese, Tuna Mayo or Baked Beans Served with Salad	Filled Jacket Potato with Cheese, Tuna Mayo or Baked Beans Served with Salad	Filled Jacket Potato with Cheese, Tuna Mayo or Baked Beans Served with Salad	Filled Jacket Potato with Cheese, Tuna Mayo or Baked Beans Served with Salad	Filled Jacket Potato with Cheese, Tuna Mayo or Baked Beans Served with Salad
Deli Option with a Choice of 2 Breads and Cheese, Tuna Mayo or Sliced Ham Served with Salad	Deli Option with a Choice of 2 Breads and Cheese, Tuna Mayo or Sliced Ham Served with Salad	Deli Option with a Choice of 2 Breads and Cheese, Tuna Mayo or Sliced Ham Served with Salad	Deli Option with a Choice of 2 Breads and Cheese, Tuna Mayo or Sliced Ham Served with Salad	Deli Option with a Choice of 2 Breads and Cheese, Tuna Mayo or Sliced Ham Served with Salad
Iced Chocolate Sponge	Fruit Crumble with Custard	Shortbread Finger with a Fruit Wedge	Fresh Fruit Platter or Sugar Free Jelly with a Fruit Wedge	Orange Cookie with a Fruit Wedge

Available every day –  
Unlimited salad, fresh bread,  
organic yoghurt, milk and  
chilled water

For allergen information,  
please ask one of our  
Catering Team

