

MENU CYCLE WEEK ONE

SPRING MENU 2023

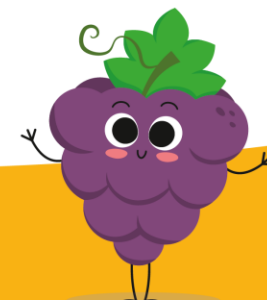
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Chicken Meat Balls in tomato & herb sauce	Chilli Beef with nachos, Sour cream & Salsa	Pork Sausages with Onion Gravy	Roast Chicken, Yorkshire pudding, gravy	Crispy Battered Fish with Lemon Mayonnaise
VEGETARIAN	Cauliflower Macaroni Cheese	Sweet Potato and Butter Bean Curry with Naan Bread	Quorn Sausages with Onion Gravy	Roast Vegetable & Cheese Roll	Vegetarian Sausage Roll
STARCHY FOOD	Pasta & Garlic Bread	Coriander Rice	Mashed Potatoes	Roast Potatoes	Chips
VEGETABLES	Salad Bar	Salad Bar	Green Beans	Broccoli, Roast Parsnips	Peas or Baked Beans
DESSERTS	Strawberry jelly	Banana Muffin	Pear & Cinnamon Cake with Custard	Carrot Cake	Chocolate Crunch Cake



Food Allergies and Intolerance
If you require information on allergens or suffer from a food intolerance, please speak to a Team Member before you order your food and drinks.



Daily Options:
Jacket Potatoes, Sandwiches, Fresh Fruit



MENU CYCLE WEEK TWO

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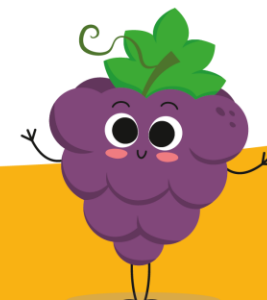
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Tandoori Chicken Curry	Beef Bolognaise	Roast Turkey, Sage & Onion Stuffing, gravy	Sweet & Sour Pork	Fish Fingers with Lemon mayonnaise
VEGETARIAN	Vegetable & Mushroom Korma	Mediterranean Vegetable Ragout	Quorn & Vegetable Pie	Vegetable & Cheese Burrito	Homemade Spicy Bean Burger
STARCHY FOOD	Pilau Rice & Naan Bread	Wholemeal Pasta	Roast Potatoes	Vegetable rice	Chips
VEGETABLES	Sweetcorn	Green Beans	Broccoli, Carrots	Sweetcorn	Baked Beans or Mushy Peas
DESSERTS	Chocolate Brownie	Pineapple Sponge with Custard	Fruity Flapjack	Sticky Ginger Bread with Custard	Fruity Yoghurt



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MENU CYCLE WEEK THREE

SPRING MENU 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Teriyaki Chicken	Rainbow Beef & Pepper Burrito	Glazed Roast Gammon with gravy	Cajun Chicken with Lime Mayonnaise	Fish Finger wrap, tartar Sauce
VEGETARIAN	Roasted Sweet Chilli Vegetables	Vegetable Cheeseburger	Quorn Toad in the Hole	Mediterranean Vegetable & Cheese wrap	Roast Vegetable & Cheese Roll
STARCHY FOOD	Egg noodles	Wedges	Roast potatoes	New potatoes	Chips
VEGETABLES	Peas & sweetcorn	Salad bar	Broccoli & carrots	Rainbow slaw	Peas or Baked Beans
DESSERTS	Strawberry jelly	Spiced Orange Cake with a Citrus Icing	Lemon & Blueberry Sponge, Served with Custard	Fruity Chocolate Bake	Chocolate chip Cookie



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