

## MONDAY

<b>MAIN MEAL</b>	Tandoori Chicken (SO,MK,SU,g) with Cumin Pilaf Rice (g)
<b>VEGGIE/VEGAN</b>	Goan Sweet Potato & Chick Pea Curry (g) with Turmeric Rice Ve
<b>OPTION 3</b>	Pasta Bolognese Sauce (G)
<b>SIDES</b>	Lentil Dhal (g), Spinach & Potato Bhaji (g) Ve
<b>DESSERT</b>	Coconut & Orange Cookie (G,SU,mk) V

## TUESDAY

<b>MAIN MEAL</b>	Beef Lasagne (G,MK,e) with Garlic Bread (G,SO,MK,e)
<b>VEGGIE/VEGAN</b>	Roasted Root Vegetable & Bean Hot Pot (SO) Ve
<b>OPTION 3</b>	Jacket Potato, Baked Beans Ve and Cheese (MK) V
<b>SIDES</b>	Green Beans Ve & Sweetcorn Ve
<b>DESSERT</b>	Banana Flapjack (G) Ve

## WEDNESDAY

<b>MAIN MEAL</b>	Smoked Paprika Turkey Escalopes with Tarragon Sauce (g)
<b>VEGGIE/VEGAN</b>	Root Vegetable & Tomato Risotto Ve
<b>OPTION 3</b>	Mac (G) & Cheese (MK) V
<b>SIDES</b>	Roasted Wedges Ve, Broccoli Florets Ve & Carrots Ve
<b>DESSERT</b>	Maryland Cookie (G,mk) V

## THURSDAY

<b>MAIN MEAL</b>	Chicken, Ham & Sweetcorn Pie (G) with Gravy
<b>VEGGIE/VEGAN</b>	Sweet Potato & Kidney Bean Cottage Pie (SO,MK) V
<b>OPTION 3</b>	Jacket Potato, Baked Beans Ve and Cheese (MK) V
<b>SIDES</b>	Cauliflower Ve & Crispy Curly Kale Ve
<b>DESSERT</b>	Vanilla Shortbread (G) Ve with Homemade Lemon Curd (E) V

## FRIDAY

<b>MAIN MEAL</b>	Battered Fish (G,F) & Chips with Homemade Tartar Sauce (G,E,SU)
<b>VEGGIE/VEGAN</b>	Falafel Burger with Pickled Red Cabbage & Tomato (G,MU,se) Ve
<b>OPTION 3</b>	Chicken Meatball Pasta (G) Tomato Sauce
<b>SIDES</b>	Peas Ve & Baked Beans Ve
<b>DESSERT</b>	Chocolate & Beetroot Brownie (G,E) V

## WEEKI- S

1ST NOV, 22ND NOV, 13TH DEC, 3RD JAN, 24TH JAN, 14TH FEB, 7TH MAR, 28TH MAR

**Allergen Key - CAPITAL LETTERS = contains, lower case = may contain**  
Celery and Celeriac (C), Crustaceans/Shellfish (CR), Eggs (E), Fish (F), Gluten (G),  
Lupin (L), Milk (MK), Molluscs (MO), Mustard (MU), Nuts (N), Peanuts (P), Sesame  
Seeds (SE), Soya and Soya products (SO), Sulphites (SU)

V - Suitable for vegetarians  
Ve - Suitable for vegans & vegetarians



**Food Allergies & Intolerances**  
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All products are subject to availability.

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HONESTLY GOOD FOOD

## MONDAY

<b>MAIN MEAL</b>	Sticky Korean BBQ Chicken Leg (G,SO,SE) with Egg Noodles (G,E)
<b>VEGGIE/VEGAN</b>	Hoi Sin Stir Fried Vegetables with Baked Tofu (G,SO,SE) & Rice V
<b>OPTION 3</b>	Pasta Bolognese Sauce (G)
<b>SIDES</b>	Soy Chinese Lettuce (G,SO) Ve & Broccoli Ve
<b>DESSERT</b>	Apple & Sultana Crumble (G) Ve with Custard (MK) V

## TUESDAY

<b>MAIN MEAL</b>	Bobotie (MK,E,g) with Yellow Rice
<b>VEGGIE/VEGAN</b>	Spinach & Feta Filo Pie (G,MK) V with New Potatoes
<b>OPTION 3</b>	Jacket Potato, Baked Beans Ve and Cheese (MK) V
<b>SIDES</b>	Roasted Root Vegetables Ve
<b>DESSERT</b>	Sticky Toffee Pudding with Toffee Sauce (G,MK,E) V

## WEDNESDAY

<b>MAIN MEAL</b>	Lemon & Thyme Roast Chicken with Onion Gravy
<b>VEGGIE/VEGAN</b>	Sweet Potato & Butter Bean Tikka Massala (SU) with Rice Ve
<b>OPTION 3</b>	Mac (G) & Cheese (MK) V
<b>SIDES</b>	Roast Potatoes Ve & Shredded Hispi Cabbage Ve
<b>DESSERT</b>	Orange & Lemon Drizzle Cake (G,E) V

## THURSDAY

<b>MAIN MEAL</b>	Mexican Pulled Pork (MU) Tacos (g) with Sour Cream (MK)
<b>VEGGIE/VEGAN</b>	BBQ Pulled Jackfruit Taco (g) with Guacamole (MK,E) V
<b>OPTION 3</b>	Jacket Potato, Baked Beans Ve and Cheese (MK) V
<b>SIDES</b>	Tex Mex Wedges (g) Ve, Sweetcorn Ve or Coleslaw (E) V
<b>DESSERT</b>	Cherry Cookie (G,SU) Ve

## FRIDAY

<b>MAIN MEAL</b>	Battered Fish (G,F) & Chips with Homemade Tartar Sauce (G,E,SU)
<b>VEGGIE/VEGAN</b>	Vegan Meatball Marinara Sub Roll (G,SU,se) Ve
<b>OPTION 3</b>	Chicken Meatball Pasta (G) Tomato Sauce
<b>SIDES</b>	Peas Ve & Baked Beans Ve
<b>DESSERT</b>	Chocolate & Courgette Sponge (G,E,mk) with Chocolate Sauce (MK) V

## WEEK2- S

8TH NOV, 29TH NOV, 20TH DEC, 10TH JAN, 31ST JAN, 21ST FEB, 14TH MAR, 4TH APR

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HONESTLY GOOD FOOD

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<b>MAIN MEAL</b>	Chicken Fajita with Cajun Sweet Potato Wedges (MU)
<b>VEGGIE/VEGAN</b>	Mushroom & Lentil Lasagne (G,MK,e) with Garlic Bread (G,SO,MK,e) V
<b>OPTION 3</b>	Pasta Bolognese Sauce (G)
<b>SIDES</b>	Green Beans Ve & Sweetcorn Ve
<b>DESSERT</b>	Cinnamon & Sultana Bread & Butter Pudding (G,SO,MK,E,se) with Custard (MK) V

## TUESDAY

<b>MAIN MEAL</b>	Beef & Kidney Bean Chilli (g) with Mexican Rice
<b>VEGGIE/VEGAN</b>	Squash & Bean Enchiladas (G,MK) V
<b>OPTION 3</b>	Jacket Potato, Baked Beans Ve and Cheese (MK) V
<b>SIDES</b>	Broccoli Ve & Carrots Ve
<b>DESSERT</b>	Marble Sponge (G,E) & Custard (MK) V

## WEDNESDAY

<b>MAIN MEAL</b>	Honey Glazed Roast Gammon with Gravy
<b>VEGGIE/VEGAN</b>	Creamy Feta & Tomato Penne Pasta Bake with a Basil Crust (G,SO,MK,se) V
<b>OPTION 3</b>	Mac (G) & Cheese (MK) V
<b>SIDES</b>	Roast Potatoes Ve, Braised Red Cabbage (G) Ve & Peas Ve
<b>DESSERT</b>	Waffles (G,E,SO,mk) with Berry Compote V

## THURSDAY

<b>MAIN MEAL</b>	Chorizo & Leek Macaroni Bake (G,MK) with Garlic Bread (G,SO,MK,e)
<b>VEGGIE/VEGAN</b>	Sweet Potato, Courgette & Bean Patty Stuffed Pitta (G,SO,se) with Salsa Ve
<b>OPTION 3</b>	Jacket Potato, Baked Beans Ve and Cheese (MK) V
<b>SIDES</b>	Green Beans Ve & Carrots Ve
<b>DESSERT</b>	Carrot Cake (G,E,mk) V

## FRIDAY

<b>MAIN MEAL</b>	Battered Fish (G,F) & Chips with Homemade Tartar Sauce (G,E,SU)
<b>VEGGIE/VEGAN</b>	Quorn Chilli & Vegetable Nachos (G,SO,MU) with Pickled Cucumber & Carrots (G) Ve
<b>OPTION 3</b>	Chicken Meatball Pasta (G) Tomato Sauce
<b>SIDES</b>	Peas Ve & Baked Beans Ve
<b>DESSERT</b>	Pear & Berry Crumble (G) Ve with Custard (MK) V

## WEEK3- S

15TH NOV, 6TH DEC, 27TH DEC, 17TH JAN, 7TH FEB, 28TH FEB, 21ST MAR

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