

# WEEK 1 MENU

## CHOICE *One*

## CHOICE *Two*

## GRAB & GO OPTIONS

<b>MON</b>	<b>Traditional Cottage Pie</b> 🍷 🌱 Served with Vegetables and Gravy	<b>Chickpea and Tomato Masala</b> 🌱 🍷 🌾 Served with Wholegrain Rice
<b>TUE</b>	<b>Spicy Chicken Pitta</b> 🌱 Served with Chipotle Wedges	<b>Plant Ball Marinara Melt</b> 🍷 🌱 🌾 Served with Wholewheat Pasta and Vegetables
<b>WED</b>	<b>Crispy Chicken Masala Slider</b> 🌱 Served with Chipotle Wedges and Vegetables	<b>Vegetarian Cottage Pie</b> 🌱 🍷 Served with Vegetables and Gravy
<b>THUR</b>	<b>Smokey Chicken Pasta Bake</b> 🌱 Served with Salad	<b>Vegetarian Sausage Casserole</b> 🌱 Served with Mashed Potato and Vegetables
<b>FRI</b>	<b>Southern Fried Chicken Goujons</b> 🌱 Served with Chips, Peas and Baked Beans	<b>The Veggie Dog</b> 🌱 Served with Chips and Peas

### WEEKLY SPECIAL

#### ● Roasted Indian Chickpea Salad 🌱 ●

#### SALADS:

Tuna and Sweetcorn Pasta Salad  
Chicken Mayo Pasta Salad 🌱

#### SANDWICHES/BAGUETTES:

Ham & Cheese Sandwich  
Chicken, Lettuce & Mayo Sandwich  
Cheese Sandwich 🌱  
Ham Baguette  
Cheese & Tomato Baguette 🌱

#### WRAPS:

Tuna Crunch Wrap 🌾  
Pepper and Houmous Wrap 🌱 🌾

#### HOT DISHES:

Paninis  
Pasta & Sauces  
Freshly Baked Pizza  
Love Joe's Mexican Burrito

# WEEK 2 MENU

## CHOICE *One*

## CHOICE *Two*

## GRAB & GO OPTIONS

<b>MON</b>	<b>Chicken Shawarma Flatbread</b>  Served with Salad	<b>Vegetarian Mexican Tortilla Pie</b>    Served with Wholegrain Rice and Vegetables
<b>TUE</b>	<b>West African Chicken Rice</b>  	<b>Yellow Vegetable Curry</b>    Served with Wholegrain Rice and Vegetables
<b>WED</b>	<b>Roast Turkey</b>  Served with Roast Potatoes, Two Vegetables and Gravy	<b>Veggie Burrito</b>  Served with Chipotle Potato Wedges
<b>THUR</b>	<b>Chicken and Vegetable Tikka Masala</b>    Served with Wholegrain Rice and Sweetcorn	<b>Roasted Cauliflower and Chickpea Korma</b>    Served with Wholegrain Rice and Sweetcorn
<b>FRI</b>	<b>Southern Fried Chicken Goujons</b>  Served with Peas and Baked Beans	<b>Vegan Sausage Roll</b>  Served with Chips and Vegetables

### WEEKLY SPECIAL

#### • Moroccan Chicken Salad •

#### SALADS:

Tuna and Sweetcorn Pasta Salad  
Chicken Mayo Pasta Salad 

#### SANDWICHES/BAGUETTES:

Ham & Cheese Sandwich  
Chicken, Lettuce & Mayo Sandwich  
Cheese Sandwich   
Ham Baguette  
Cheese & Tomato Baguette 

#### WRAPS:

Tuna Crunch Wrap   
Pepper and Houmous Wrap  

#### HOT DISHES:

Paninis  
Pasta & Sauces  
Freshly Baked Pizza  
Love Joe's Mexican Burrito



# WEEK 3 MENU

## CHOICE *One*

## CHOICE *Two*

## GRAB & GO OPTIONS

<b>MON</b>	<b>Turkey Con Chilli</b> 🍷 🌱 Served with Wholegrain Rice and Vegetables	<b>Cauliflower Mac'n'Cheese</b> 🌱 🌾 🍷 Served with Pizza Pinwheel and Salad
<b>TUE</b>	<b>Jerk Chicken</b> 🌱 Served with Rice and Peas	<b>Vegan Chilli</b> 🌱 🍷 🌾 Served with Wholegrain Rice and Peas
<b>WED</b>	<b>Roast Beef</b> 🌱 Served with Roast Potatoes, Two Vegetables and Gravy	<b>West African Vegetable Rice</b> 🌱 🌾 Served with Roast Potatoes, Two Vegetables and Gravy
<b>THUR</b>	<b>Sticky Chicken and Vegetable Noodles</b> 🍷 🌱 Served with Wholegrain Rice	<b>Sweet and Sour Vegetables</b> 🌱 🍷 🌾 Served with Wholegrain Rice
<b>FRI</b>	<b>Southern Fried Chicken Goujons</b> 🌱 Served with Chips, Peas and Baked Beans	<b>Mexican Loaded Wedges</b> 🌱 Served with Peas and Baked Beans

### WEEKLY SPECIAL

#### • Sweet Chilli Chicken Noodle Salad •

#### SALADS:

Tuna and Sweetcorn Pasta Salad  
Chicken Mayo Pasta Salad 🌱

#### SANDWICHES/BAGUETTES:

Ham & Cheese Sandwich  
Chicken, Lettuce & Mayo Sandwich  
Cheese Sandwich 🌱  
Ham Baguette  
Cheese & Tomato Baguette 🌱

#### WRAPS:

Tuna Crunch Wrap 🌾  
Pepper and Houmous Wrap 🌱 🌾

#### HOT DISHES:

Paninis  
Pasta & Sauces  
Freshly Baked Pizza  
Love Joe's Mexican Burrito