

# THIS Week

## MONDAY


### MEAL DEAL

Choose from  
**Veggie** 

or **Pork or Chicken Sausage** 


served with Mashed Potato, Gravy & Veg  
Plus... a Dessert of the day


**Veggie & Mixed Bean Burrito**

served with Wedges 

## TUESDAY


### MEAL DEAL

Choose from  
**Quorn** 

or **Beef Pasta Bolognese** 


served with Sides  
Plus... a Dessert of the day

**Korean BBQ Tofu**

served with Rice 

## WEDNESDAY

### MEAL DEAL

Choose from  
**Quorn** 

or **Pork or Chicken Roast** 

served with Crispy Potatoes, Veg and Gravy  
Plus... a Dessert of the day

**Penne Pasta Arrabiata**

served with Garlic & Oregano Bread 

## THURSDAY

### MEAL DEAL


Choose from

**Mac & Cheese with Chilli Squash** 

or **Peri Peri Chicken** 

served with Sides  
Plus... a Dessert of the day

**Chickpea & Butternut Rogan Josh**

served with Rice 

## FRIDAY

### MEAL DEAL


Choose from

**Sweet Chilli Quorn Dipper Wrap** 

or **Battered Fish**

served with Chips and Veg  
Plus... a Dessert of the day

**Margherita Pizza**





served with Chips 

**JACKETS** Served with a selection of toppings including Grated Cheddar, Tuna or Salmon Mayonnaise, Baked Beans, + daily hot specials

FRESH SEASONAL VEGGIES AVAILABLE EVERY DAY



Low carbon meals have at least 38% lower carbon emissions than the average meal. Learn more about this calculation at [www.eatcoolfood.org](http://www.eatcoolfood.org)

-  Plant Based
-  Vegetarian
-  Halal option available
-  Low Carbon



# THIS Week


## MONDAY

### MEAL DEAL

Choose from

**Hoisin Tofu**    
 or **Hoisin Chicken Meatballs** 

served with Rice and Veg  
 Plus... a Dessert of the day

**Veggie & Mixed Bean Fajita**  
 served with Cajun Wedges 


## TUESDAY

### MEAL DEAL

Choose from

**Mac & Cheese topped with  
 Roasted Herby Mushroom**    
 or **Sweet Mediterranean Chicken** 

served with Sides  
 Plus... a Dessert of the day

**Masala Paneer Chataco**  
 served with Rice 

## WEDNESDAY

### MEAL DEAL

Choose from

**Cheese and Onion Pasty**    
 or **Honey Glazed Roast Gammon  
 or Roast Chicken** 

served with Roast Potatoes, Veg and Gravy  
 Plus... a Dessert of the day

**Penne Pasta with Tuscan Bean sauce**  
 served with Garlic Bread 

## THURSDAY

### MEAL DEAL

Choose from

**Mexican Chicken Style Strips**    
 or **Mexican Chicken** 


served with Spicy Rice and Sides  
 Plus... a Dessert of the day

**Margherita Pizza**  
 served with Paprika Wedges 

## FRIDAY

### MEAL DEAL

Choose from

**Quorn Nuggets**   
 or **Fish Cake in a Bun**

served with Chips and Veg  
 Plus... a Dessert of the day





**Thai Veggie Noodles** 

**JACKETS** Served with a selection of toppings including Grated Cheddar, Tuna or Salmon Mayonnaise, Baked Beans, + daily hot specials

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## MONDAY

### MEAL DEAL

Choose from

Quorn Balls  

or Chicken & Sweetcorn Meatballs  

served in Tomato Pasta with Sides

Plus... a Dessert of the day

Masala Paneer Burroti

served with Rice 

## TUESDAY

### MEAL DEAL

Choose from


Veggie Chilli  

or Beef Chilli Con Carne 

served with Rice and Sides

Plus... a Dessert of the day

Margherita Pizza

served with Garlic & Paprika Wedges 

## WEDNESDAY

### MEAL DEAL

Choose from

Lentil Cottage Pie  

or Roast Chicken or Roast Pork 

served with Roast Potatoes, Veg and Sides

Plus... a Dessert of the day

Penne Pasta with Tomato  
and Herb Sauce

served with Garlic Bread 

## THURSDAY

### MEAL DEAL

Choose from

Mac & Cheese with


Southern Fried Cauliflower  

or BBQ Chicken 

served with Sides

Plus... a Dessert of the day

Bean Empanada

served with Garlic & Herb Wedges 

## FRIDAY

### MEAL DEAL

Choose from

Korean BBQ Veggie Hot Dog 

or Battered Fish

served with Chips and Veg

Plus... a Dessert of the day





Quorn & Aubergine Mousakka 

**JACKETS** Served with a selection of toppings including Grated Cheddar, Tuna or Salmon Mayonnaise, Baked Beans, + daily hot specials

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