

WEEKLY MENU - WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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Choose 1 Main + 2 Sides + 1 Sauce or Dip

	ASIAN	EASTERN	MEXICAN	INDIAN	ORIGINALS
MAINS Choose 1	Thai pork & coconut	Moroccan shredded chicken	Chilli con carne	Chicken korma	Freshly battered hoki OR
	Thai green chicken curry	Moroccan chicken flatbread	Cajun spiced chicken fajita	Chicken tikka stonebaked pizza	Oven baked battercrisp cod fillet
or 1 Veggie	Oriental vegetable noodle pot	Moroccan bean & Quorn Falafel	Vegetarian chimichangas, sweet chilli sauce	Sweet potato & chickpea curry	Vegetable balti & rice curry pot
SIDES Choose 2	Braised rice	Braised rice	Plain boiled white & brown rice	Braised turmeric rice	Oven baked chips
	Noodles	Moroccan green pepper & tomato salad	Roasted spicy half corn on the cob	Bombay potatoes	Garden peas & carrots
	Stir fried chinese leaf & bok choy	Moroccan chickpea & sweetcorn	Freshly made parsley and garlic bread	Green salad with pickled cucumber	Mushy peas
	Spiced noodles	Green salad	Chilli & fresh lime broccoli	Sag aloo	Baked beans
	Udon noodles	Moroccan green slaw	Mixed salad	Oven baked naan bread	Pickled onion
	Stir fry vegetables	Khobez bread	Coleslaw		Pickled gherkin
SAUCES & DIPS Choose 1	Light mayonnaise and salad dressing (available for all mains)				
	Dark soy sauce	Lemon mayonnaise	Freshly made tomato salsa	Mango chutney	Tomato ketchup
	Sesame soy dressing	Mint & lime yoghurt dressing	Sour cream	Cucumber raita	Tartare sauce
	Kimchi dressing	Moroccan yoghurt dressing	Guacamole	Mint & lime yoghurt dressing	BBQ dipping sauce

	ITALIAN	CHICKEN	GRILL	CHICKEN	ORIGINALS
MAINS Choose 1	Italian meat ball pasta box	Southern baked chicken	Plain hot dog	Jerk chicken	Fish fingers OR
	Spicy chicken pasta box	Southern baked chicken wrap	Cheese & relish hot dog	Jerk chicken wings	Oven baked salmon nuggets
or 1 Veggie	Deep pan margherita	Southern baked quorn fillets	Quorn hot dog	Jerk quorn fillet	Vegetable balti & rice curry pot
SIDES Choose 2	Freshly made parsley & garlic bread	Baked half jacket potato	Caramelised onion	Lightly spiced oven baked Potato wedges	Oven baked chips
	Grated fresh parmesan	Spicy roasted sweetcorn	Mixed salad	Oven baked sweet potato wedges	Garden peas & carrots
	Green salad	BBQ baked beans	Coleslaw	Roasted spicy half corn on the cob	Mushy peas
	Udon noodles	House salad		Baked beans	Baked beans
	Tomato, onion & basil salad	Red cabbage coleslaw salad		Mixed salad	Pickled onion
	Mixed olives			Coleslaw	Pickled gherkin
SAUCES Choose 1	Light mayonnaise and salad dressing (available for all mains)				
	Garlic & herb mayonnaise	Sweet sticky tabasco sauce	Tomato ketchup	Sweet sticky tabasco sauce	Tomato ketchup
	Freshly made tomato salsa	Sweet chilli dipping sauce	Burger relish	BBQ dipping sauce	Tartare sauce
	Honey, mustard & lemon dressing	BBQ dipping sauce	American mild mustard Sauce	Piri piri dipping sauce	BBQ dipping sauce

Salad Pick 'n' Mix

Choose a range of mains, toppings, sauces, dressings and bread

SALAD MAIN	Green salad	Green salad	Mixed salad	Mixed salad	House salad
	Simple roquette salad	Moroccan green pepper & tomato Salad	Coleslaw	Coleslaw	Coleslaw
	Tomato, onion & basil salad	Moroccan green slaw	Roasted sweet pepper & pasta salad	Lightly spiced rice & pepper salad	Simple grated carrot salad
	Green bean & carrot salad	Moroccan chickpea & sweetcorn	Simple beetroot salad	Mixed bean salad	New potato salad
TOPPING	Oven baked croutons, oven baked baguette croutons, baked tortilla croutons				
SAUCE	Light mayonnaise, lemon mayonnaise, garlic & herb mayonnaise				
DRESSING	Salad dressing, honey, mustard & lemon dressing, sesame soy dressing, sweet chilli dipping sauce				
BREAD	A selection of freshly baked bread available daily				

Why not add a dessert to your meal?

DESSERT	Choice of fresh red and green apples, oranges and bananas Seasonal fruit salad pot, black & green grape pot, mixed melon pot
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ACT 1

ACT 1

ACT 2

ACT 2

ACT 3

ACT 3