

WEEKLY MENU - WEEK 4

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

	ORIGINALS	CHICKEN	ITALIAN	CHICKEN	ORIGINALS
MAINS Choose 1	Cottage Pie	Southern baked chicken	Traditional lasagne	BBQ chicken	Freshly battered hoki OR
	Mac n cheese box	Southern baked chicken wrap	Italian meat ball pasta box	BBQ chicken wings	Oven baked battercrisp cod fillet Oven baked breaded pollack
or 1 Veggie	Vegetable & bean champ cottage pie	Southern Baked Quorn Fillets	Margherita calzone	BBQ pulled quorn & red cabbage coleslaw bun	Zingy pepper pasta box
SIDES Choose 2	Creamy mashed potato	Baked half jacket potato	Freshly made parsley & garlic bread	Lightly spiced oven baked potato wedges	Oven baked chips
	Fresh broccoli florets	Spicy roasted sweetcorn	Grated fresh parmesan	Oven baked sweet potato wedges	Garden peas & carrots
	Fresh glazed carrots	BBQ baked beans	Green salad	Roasted spicy half corn on the cob	Mushy peas
	House salad	House salad	Tomato, onion & basil salad	Baked beans	Baked beans
SAUCES & DIPS Choose 1	Light mayonnaise and salad dressing (available for all mains)				
	Light mayonnaise	Sweet sticky tabasco sauce	Garlic & herb mayonnaise	Sweet sticky tabasco sauce	Tomato ketchup
	Gravy	Sweet chilli dipping sauce	Freshly made tomato salsa	BBQ dipping sauce	Tartare sauce
	Honey, mustard & lemon dressing	BBQ dipping sauce	Honey, mustard & lemon dressing	Piri piri dipping sauce	BBQ dipping sauce

	ASIAN	ASIAN	MEXICAN	INDIAN	ORIGINALS
MAINS Choose 1	Vietnamese chicken rolls	Tandoori chicken	Minced beef fajita	Chicken jalfrezi	Fish fingers OR
	Korean meatballs, vegetables & noodles	Slow braised Chinese pork	Cajun chicken filled khobez bread	Deep pan chicken tikka pizza	Southern baked chicken wings
or 1 Veggie	Deep pan margherita	Sweet & sour beans & vegetables	Cajun quorn filled khobez bread	Quorn jalfrezi	Zingy pepper pasta box
SIDES Choose 2	Braised rice	Braised rice	Plain boiled white & brown rice	Braised turmeric rice	Oven baked chips
	Noodles	Noodles	Roasted spicy half corn on the cob	Bombay potatoes	Garden peas & carrots
	Spiced noodles	Spiced noodles	Boiled half corn on the cob	Sag aloo	Mushy peas
	Udon noodles	Udon noodles	Mixed salad	Green salad with pickled cucumber	Baked beans
	Asian stir fried vegetables	Asian stir fried vegetables	Coleslaw	Oven baked naan bread	Pickled onion
SAUCES Choose 1	Light mayonnaise and salad dressing (available for all mains)				
	Dark soy sauce	Dark soy sauce	Freshly made tomato salsa	Mango chutney	Tomato ketchup
	Sesame soy dressing	Sesame soy dressing	Sour cream	Cucumber raita	Tartare sauce
	Kimchi dressing	Kimchi dressing	Guacamole	Mint & lime yoghurt dressing	BBQ dipping sauce

Salad Pick 'n' Mix

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

SALAD MAIN	House salad	Green salad	House salad	Mixed salad	House salad
	Coleslaw	Tomato, onion & basil salad	Red cabbage coleslaw salad	Tomato, red onion & carrot salad	Coleslaw
	Simple beetroot salad	Green pea & carrot salad	Simple sweetcorn salad	Asian coleslaw salad	Simple grated carrot salad
	Korean green bean salad	Roasted sweet pepper & pasta salad	Mixed bean salad	Lightly spiced rice & pepper 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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