

WEEK  
**ONE**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

OPTION

#1

**BUTTERNUT  
MAC & CHEESE**

With Crunchy  
Croutons

**Spaghetti  
Bolognaise**

with Garlic Bread



**CHICKEN  
SAUSAGE**

Roast Potatoes  
and Gravy

  
**CHICKEN TIKKA  
MASALA**  
With 50/50 Rice

**BREADED  
FISH**  
with Chips &  
Garden Peas

OPTION

#2

**QUORN &  
VEGETABLE  
CHOW MEIN**

**FALAFEL  
WRAPS**  
with Couscous  
and Mint &  
Yoghurt Dip



**VEGAN  
SAUSAGE**  
With Roast  
Potatoes and  
Gravy



  
**SWEET  
POTATO &  
CHICKPEA  
CURRY**  
with 50/50 Rice

**CHEESE &  
LEEK FRITTATA**  
with Chips and  
Garden Peas

ON THE  
SIDE

Vegetables of the  
Day

Vegetables of the  
Day

Vegetables of the  
Day

Vegetables of the  
Day

Vegetables of the  
Day

DESSERT OF  
THE DAY

**PINEAPPLE  
UPSIDE  
DOWN CAKE**

**CHOCOLATE  
CRUNCH  
CAKE**

  
**STICKY TOFFEE  
APPLE  
CRUMBLE**  
With Custard

**WARMED  
JAMAICAN GINGER  
CAKE**  
with Ice Cream or  
Custard

**ICED SPONGE  
CAKE**

ALSO AVAILABLE!

**SOUP OF THE DAY  
FILLED JACKET  
POTATOES**

21<sup>st</sup> April  
02<sup>nd</sup> June  
14<sup>th</sup> July  
September

CHECK OUT...

12<sup>th</sup> May  
23<sup>rd</sup> June  
01<sup>st</sup>



ADDED PLANT  
PROTEIN

VEGAN OPTION  
  
SOURCE OF  
WHOLEMEAL

MENU NEW

ALLERGENS

PLEASE SPEAK TO A MEMBER  
HAVE AN ALLERGY AND NEED  
INSIDE OUR FOOD Dishes. T  
YOU OF YOUR AVAILAB

WEEK  
**TWO**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

OPTION

#1

**Sticky Soy  
and Honey  
Noodles**

**BEEF  
LASAGNE**

with Garlic Bread  
and Salad

**CREAMY  
CHICKEN AND  
BROCCOLI PIE**

with New  
Potatoes



**JERK  
CHICKEN** with  
Rice and Peas  
and Pineapple  
Slaw

**FISH IN  
BATTER**  
with Chips

OPTION

#2

**CRUNCHY  
LENTIL PASTA  
BAKE**

with Roasted  
Vegetables

**CHICKPEA  
AND APRICOT  
TAGINE**

With Couscous



**LEEK, ONION &  
POTATO  
TRAY BAKE**

**CURRIED  
SQUASH &  
BUTTERBEAN  
STEW**

with Rice and Peas  
& Slaw



**VEGAN  
BURGER**  
with Chips



ON THE  
SIDE

Vegetables of the  
Day

Vegetables of the  
Day

Vegetables of the  
Day

Vegetables of the  
Day

Vegetables of the  
Day

DESSERT OF  
THE DAY

**CHOCOLATE  
SPONGE  
PUDDING**

**APPLE PIE**  
With Cream

**PEAR & CHOC  
CRUMBLE**

With Custard

**JAM & COCONUT  
SPONGE**

**OATY  
FLAPJACK**



ALSO AVAILABLE!

**SOUP OF THE DAY  
FILLED JACKET  
POTATOES**

28<sup>th</sup> April  
09<sup>th</sup> June  
June  
21<sup>st</sup> July  
28<sup>th</sup> September

CHECK OUT...

19<sup>th</sup> May  
30<sup>th</sup>

08<sup>th</sup> September  
20<sup>th</sup> October



ADDED PLANT  
PROTEIN

VEGAN OPTION



SOURCE OF  
WHOLEMEAL

MENU KEEPS

ALLERGENS

PLEASE SPEAK TO A MEMBER  
HAVE AN ALLERGY AND NEED  
INSIDE OUR FOOD DOGEL. T  
YOU OF YOUR AVAILAB



WEEK  
**THREE**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

OPTION

**#1**

**CHICKEN AND  
SWEETCORN  
MEATBALL  
PASTA**

**CHICKEN  
SOUVLAKI**  
with Golden  
Rice or  
Seasoned  
Potatoes

**ROAST OF  
THE DAY**  
New Potatoes &  
Gravy

**ENCHILADAS**  
Chicken with  
50/50  
Rice

**CHIP SHOP  
FISH / SAUSAGE**  
with  
Chips & Peas



OPTION

**#2**

**SPAGHETTI &  
PLANT BASED  
MEATBALLS**



**SPINACH &  
CHEESE WHIRL**  
Golden Rice or  
Seasoned  
Potatoes

**LENTIL DISC  
PIE**  
with New  
Potatoes &  
Gravy



**MEXICAN  
SOYA CHILLI**  
with 50/50 Rice  
and Sour Cream



**VEGAN  
SAUSAGE**  
Chips &  
Peas



ON THE  
SIDE

Vegetables of the  
Day

Vegetables of the  
Day

Vegetables of the  
Day

Vegetables of the  
Day

Vegetables of the  
Day

DESSERT OF  
THE DAY

**CHOC ORANGE  
COOKIE**



**SUMMER  
FRUIT  
CRUMBLE**  
With Custard



**FRUIT MUFFINS**

**PINEAPPLE  
UPSIDE DOWN  
CAKE**

With Custard

**CHOCOLATE  
BROWNIE**

ALSO AVAILABLE!

**SOUP OF THE DAY  
FILLED JACKET  
POTATOES**

05<sup>th</sup> May  
June  
07<sup>th</sup> July  
September

CHECK OUT...

16<sup>th</sup>

15<sup>th</sup>



ADDED PLANT  
PROTEIN

VEGAN OPTION



SOURCE OF  
WHOLEMEAL

MENU KEY

ALLERGENS

PLEASE SPEAK TO A MEMBER  
IF YOU HAVE AN ALLERGY AND NEED  
TO AVOID CERTAIN INGREDIENTS  
INSIDE OUR FOOD DISHES. THE  
LIST OF ALLERGENS IS AVAILABLE  
ON THE MENU BOARD.