

# WEEK ONE

## MENU KEY



ADDED PLANT  
PROTEIN



VEGAN OPTION



SOURCE OF  
WHOLEMEAL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

### OPTION #1

**BUTTERNUT  
MAC & CHEESE**  
With Crunchy  
Topping

**BEEF CHILLI**  
with Rice and  
Sour Cream



**PORK OR  
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**

### CHECK OUT

OUR HOT AND  
COLD GRAB &  
GO SELECTION

### MEAL DEAL PRICE

XXX

### ALLERGIES

PLEASE SPEAK TO A MEMBER OF STAFF IF  
YOU HAVE AN ALLERGY AND NEED TO KNOW  
WHAT'S INSIDE OUR FOOD DISHES. THEY  
WILL ADVISE YOU OF YOUR AVAILABLE  
CHOICES.

PLEASE SEE OUR THEME  
DAYS AND SPECIAL OFFERS

**caterlink**  
feeding the imagination