

# WEEK THREE

## MENU KEY



ADDED PLANT  
PROTEIN



VEGAN OPTION



SOURCE OF  
WHOLEMEAL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

### OPTION #1

**CHEESY  
CHILLI  
CHICKEN  
PASTA**

**YAMAS!**

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

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

**ENCHILADAS**  
Pork, Beef or  
Chicken  
(choose one)  
with 50/50  
Rice



**CHIP SHOP  
FISH /  
SAUSAGE**  
with Chips, Mushy  
Peas and Gravy/  
Curry Sauce

### OPTION #2

**SPAGHETTI  
& PLANT  
BASED  
MEATBALLS**



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

**LENTIL  
WELLINGTON**  
with New  
Potatoes &  
Gravy



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



**VEGAN  
SAUSAGE**  
Chips, Mushy  
Peas  
& Gravy/  
Curry Sauce

### 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**

**PEACH CAKE**  
With Custard

**CHOCOLATE  
BROWNIE**

### 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