

WEEK ONE

MENU KEY



ADDED PLANT
PROTEIN



VEGAN OPTION



SOURCE OF
WHOLEMEAL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

OPTION #1

Chicken
Shawarma &
Turmeric Rice

Texas Style
Beef Chilli

Chicken Chow
Mein

Turkey
Meatballs in
Tomato
Sauce

Fish Nuggets
with Chips



OPTION #2

Falafel & Rice
Bowl



Five Bean Chilli



Vegetable
Chow Mein



Lentil
Bolognaise



Vegetarian
Past Bake
Vegetarian
Grap & Go



ON THE SIDE

Turmeric
Rice
Grilled Mixed
Vegetables

Penne Pasta
Sweetcorn

Rice Noodles
Stir Fry
Vegetables

Pasta
Green Beans

Chips
Peas

DESSERT OF THE DAY

Banana &
Chocolate Chip
Muffin

Berry
Flapjack

Carrot Cake

Marble Cake
with
Strawberries

Pineapple
Sponge
Cake

CHECK OUT

CHECK OUR
HOT AND COLD
GRAB & GO
SELECTION

MEAL DEAL PRICE

£3.30

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

WEEK TWO

MENU KEY



ADDED PLANT
PROTEIN



VEGAN OPTION



SOURCE OF
WHOLEMEAL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

OPTION #1

Coconut
Chicken
Curry

Beef Kofta

Turkey &
Vegetable
Pasta Bake

Sweet Soy
Chicken &
Noodles

Fish Nuggets
& Chips



OPTION #2

Chickpea &
Vegetable
Coconut
Curry



Falafel Balls



Vegetable
Pasta Bake



Stir Fry
Vegetable
Noodles



Vegetable
Lasagne
(Dairy Free)



ON THE SIDE

Rice
Green Beans

Couscous
Roasted
Carrot

Sweetcorn

Egg Noodles
Stir Fry
Vegetables

Chips
Peas

DESSERT OF THE DAY

Apple
Crumble
Bars

Coconut
Sponge

Blueberry
Muffin

Honey
Chocolate
Cake

Vanilla
Sponge

CHECK OUT

FRESHLY MADE
SOUP
AVAILABLE
DAILY

MEAL DEAL PRICE

£3.30

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WEEK THREE

MENU KEY



ADDED PLANT
PROTEIN



VEGAN OPTION



SOURCE OF
WHOLEMEAL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

OPTION #1

Chicken Tikka
Masala

Beef
Bolognaise

Korean BBQ
Chicken

Turkey
Shish Kebab

Fish Nuggets
& Chips



OPTION #2

Chickpea Tikka
Masala



Red Lentil &
Sweet Potato
Bolognaise



BBQ Vegetable
Rice Bowl



Falafel &
Roasted
Potatoes



Bean and
Vegetable
Stew



ON THE SIDE

Rice
Spiced
Cauliflower

Pasta
Carrots

Rice
Stir Fry
Vegetables

Potato
Wedges
Sweetcorn

Chips
Peas

DESSERT OF THE DAY

Banana
Loaf Cake

Pear & Ginger
Cake

Beetroot
Chocolate
Brownie

Orange Cake

Oat & Raisin
Cookies

CHECK OUT

OUR HOT AND
COLD GRAB &
GO SELECTION

MEAL DEAL PRICE

£3.30

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