

Week Three

13/05, 10/06, 01/07, 22/07, 16/09, 07/10

Monday Chinese

Tuesday Mediterranean

Wednesday British

Thursday Caribbean

Friday British

Aromatic Soy Pork
with
Egg Noodles

Chicken Gyros

Roast Turkey
with
Roast Potatoes & Gravy

Trinidad Chicken Rice

Crispy Battered Fish Fillet
Or
Jumbo Fish Fingers

Lime & Coriander Rice
Stir- Fry Greens
Lemon & Garlic Broccoli
Five Spiced Potatoes

Mediterranean Broccoli
& Peppers
House Slaw
Layered Potato Bake
Greek Salad

Sage & Onion Stuffing
Carrots & Cauliflower
Green Beans
Garden Salad

Orange & Cumin Roasted
Carrots
Corn on the Cob
Paprika Wedges
Reggae Slaw

Chips
Baked Beans or Peas
Crunchy Salad

Ciabatta Bread

Garlic & Herb Bread

Crown Loaf

Focaccia Bread

Crusty Bread

Vegetable Chilli
(V)

Cheese, Tomato & Potato Bake
(V)

Vegetable Moussaka
(V)

Smoky Cauliflower Cheese
(V)

Roasted Vegetable
Calzone (V)

Wings & Things

Deep South Diner

Speedy Italian

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Deep South Diner

Sticky Sweet Chilli
Marinated Chicken Thigh

Falafel in warm Lebanese Bread

Vegeball Carbonara

Chicken Mayo Burger

Smoky Chicken Wrap

Speedy Italian

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Veggie Hot One (V)

3 Cheese Sicilian Pizza (V)

Mushroom & Sweetcorn
Pizza (V)

Sicilian Cheese & Tomato
Pizza (V)

Chicken Supreme Pizza

Cheesy Penne Pasta (V)

Neapolitan Beany Pasta (V)

Herby Tomato Pasta (V)

Carbonara Pasta

Beef Bolognaise

Margherita Pizza (V)

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Strawberry & Pear Strudel
with
Custard

Zesty Carrot Cake
with
Ice Cream

Apple & Blackberry Pie
with
Custard

Berry Jelly Chill

Warm Chocolate Brownie
With
Chocolate Sauce