THIS Week

MONDAY

MEAL DEAL

Choose from

Veggie Sausages (Plant Based, Low Carbon)

or **Chicken Sausages**

served withMashed Potatoes, Gravy & Seasonal Veg

Plus... a Dessert of the day

Orange Shortbread

TUESDAY

MEAL DEAL

Choose from

Vegetable Chilli (Plant Based, Low Carbon)

or **Chicken Chilli Con Carne**

served with Rice & Sides

Plus... a Dessert of the day

Chocolate Brownie

WEDNESDAY

MEAL DEAL

Choose from

Roast Quorn (V, Low Carbon)

or **Roast Chicken**

served with Roast Potatoes, Veg and Gravy

Plus... a Dessert of the day

Lemon Drizzle Cake

THURSDAY

MEAL DEAL

Choose from

Margherita Pizza (V)

or **BBQ chicken**

served with Garlic & Paprika Wedges & Sides

Plus... a Dessert of the day

Oat Dream Cookie

FRIDAY

MEAL DEAL

Choose from

Sweet Potato, Pepper & Coconut Curry with Rice (Plant Based, Low Carbon)

or **Fish Fingers**

served with Chips and Veg

Plus... a Dessert of the day

Vanilla Sponge

JACKETS Served with a selection of toppings including Grated Cheddar, Tuna or Salmon Mayonnaise, Baked Beans, + daily hot specials

FRESH SEASONAL VEGGIES AVAILABLE EVERY DAY

Low carbon meals have at least 38% lower carbon emissions then the average meal. Learn more about this calculation at www.eatcoolfood.org

- Plant Based
- V Vegetarian
- H Halal option available
- Low Carbon

Week 1

THIS Week

MONDAY

MEAL D£AL

Choose from

Sticky BBQ Quorn Meatballs (V) (cf)

or **Sticky BBQ Chicken Meatballs**

served with Rice & Veg

Plus... a Dessert of the day

Vanilla Sponge

TUESDAY

MEAL D£AL

Choose from

Mac & Cheese with Tandoori Squash (V) (cf)

or **Mac & Cheese with Tandoori Chicken**

served with Sides

Plus... a Dessert of the day

Chocolate Shortbread

WEDNESDAY

MEAL D£AL

Choose from

Sweet Potato Veggie Shepherd's Pie (plant) (cf)

or **Roast Chicken**

served with Crispy Potatoes, Veg and Gravy

Plus... a Dessert of the day

Chocolate Sponge

THURSDAY

MEAL D£AL

Choose from

Margherita Pizza (V)

or **Peri-Peri Chicken**

served with Garlick & Paprika Wedges & Sides

Plus... a Dessert of the day

Oat Dream Cookie

FRIDAY

MEAL D£AL

Choose from

Quorn Dipper Katsu Curry with Rice & Asian Slaw (V) (cf)

or **Battered Fish**

served with Chips and Veg

Plus... a Dessert of the day

Mixed Berry Muffin

JACKETS Served with a selection of toppings including Grated Cheddar, Tuna or Salmon Mayonnaise, Baked Beans, + daily hot specials

FRESH SEASONAL VEGGIES AVAILABLE EVERY DAY

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- Plant Based
- V Vegetarian
- H Halal option available
- cf Low Carbon

Week 2

THIS Week

MONDAY

MEAL D£AL

Choose from

Cajun Mayo Topped Hot Dog (V)

or **Cajun Chicken Thigh Burger**

served with Paprika Wedges & Sides

Plus... a Dessert of the day

Oat Dream Cookie

TUESDAY

MEAL D£AL

Choose from

Veggie Bolognese (Plant Based) (Low Carbon)

or **Chicken Bolognese**

served with Penne Pasta & Sides

Plus... a Dessert of the day

Chocolate Muffin

WEDNESDAY

MEAL D£AL

Choose from

Cheese & Onion Pasty (V) (Low Carbon)

or **Roast Chicken**

served with Roast Potatoes, Veg & Gravy

Plus... a Dessert of the day

Vanilla Sponge

THURSDAY

MEAL D£AL

Choose from

Margherita Pizza with Garlic & Paprika Wedges (V)

or **Mac & Cheese with Chinese Chicken**

served with Sides

Plus... a Dessert of the day

Shortbread

FRIDAY

MEAL D£AL

Choose from

Sweet Chilli Quorn Dipper (V) (Low Carbon)

or **Fish Fingers**

served with Chips & Veg

Plus... a Dessert of the day

Marble Sponge

JACKETS Served with a selection of toppings including Grated Cheddar, Tuna or Salmon Mayonnaise, Baked Beans, + daily hot specials

FRESH SEASONAL VEGGIES AVAILABLE EVERY DAY

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- Plant Based
- Vegetarian
- Halal option available
- Low Carbon

Week 3