

# MAINS

From £2.75

Week One: 2<sup>nd</sup> Sept, 23<sup>rd</sup> Sept, 14<sup>th</sup> Oct, 11<sup>th</sup> Nov, 2<sup>nd</sup> Dec

MON

Cajun Spiced Chicken  
Enchiladas  
(G,Mu,Mk)

Spicy Wedges (Mu)  
and Chefs Salad

Extras

Cajun Corn on the Cob (Mu)

Oven Baked Gnocchi with  
Tomato, Mozzarella and Pesto  
Green Beans

Extras

Garlic Bread (G,So,Mk) £0.50

TUE

MASALA MOMENTS

Chicken Jalfrezi (G)

Lentil and Cauliflower Dahl  
(G)

Pilau Rice  
Raita (Mk)  
Mango Chutney

Extra

Naan bread (G)  
Onion Bhaji (G)

WED

CARIBBEAN

Sticky Jerk Chicken  
with Pineapple Salsa (Su)

Caribbean Butternut Squash  
and Black Bean Stew

Coconut Rice and Peas (Su)

Papaya Coleslaw (G,So)

THU

Butchers Pork Sausages  
with Gravy (G,Su)  
Onion Chutney (Su,So,Mu,L)

Carrots  
Broccoli  
Creamy Mashed Potato

Vegetarian Sausages  
with Roast Gravy (G,Ce)  
Onion Chutney (Su,So,Mu,L)

Carrots  
Broccoli

Creamy Mashed Potato

FRI

FISH & CHIP SHOP

Battered Fish Fillet (G,F)  
Cheese and Onion Pastie  
(G,So,Mk)  
"Chip Butty" (G,Se,Mk)  
Jumbo Sausage (G,Su)  
Fish Fingers (G,F,E)

Oven Baked Chips  
Garden Peas  
Baked Bean

Chunky Tartare Sauce (Su,E)  
Ketchup and Lemon



THEME BARS  
-PLUS DAILY-

JACKET  
POTATOES  
& SALAD BAR



Meal Deal

Check out what's on offer today,  
available for free school meals!

GLOBAL EATS

From £2.35



MON

Stir Fry  
Noodles with  
Teriyaki  
Chicken  
(G,Su,So,E)

TUE

Spicy, Sticky  
Korean Chicken  
Meatballs with  
Noodles  
(G,So,Se,E)

WED

Flamin  
Fish Burger  
(G,So,Se,F,E)

THU

Chicken Pad  
Thai with Sweet  
Chilli Sauce  
(E)

FRI

Fish and Chip  
Shop

DESSERTS

Selection of  
home bakes,  
flapjacks,  
cookies,  
sponges, jelly  
and fruit pots

From £1.15



Daily Pasta Bar

Slow Cooked Beef Bolognese (G)  
Tomato and Basil (G)  
Mac 'n' Cheese (G,Mk)

Served with

Home baked Garlic Bread (G,So,Mk)  
Cheese (Mk)

From £2.35, extras from £0.55

ALLERGENS

we're allergy gurus!

Ce = Celery  
Cr = Crustacean  
E = Eggs  
F = Fish  
G = Cereals  
L = Lupin  
Mk = Milk  
Mo = Molluscs  
Mu = Mustard  
N = Nuts  
P = Peanuts  
Se = Sesame Seeds  
So = Soya  
Su = Sulphur  
Dioxide

Speak to one of our chefs if you have any allergies.



# MAINS

From £2.75

Week Two: 9<sup>th</sup> Sept, 30<sup>th</sup> Sept, 21<sup>st</sup> Oct, 18<sup>th</sup> Nov, 9<sup>th</sup> Dec

MON

TUE

WED

THU

FRI

Mexican Chilli Beef Con Carne  
with Steamed Rice  
and Sour Cream (Mk)

Nachos  
Sweetcorn and Peppers

Vegan Chilli with Steamed  
Rice and Vegan Sour Cream  
(So,Mu,Ce)

Nachos  
Sweetcorn and Peppers

## ★ BURGER BAR ★

Quarter Pounder Beef Burger in a  
Sesame Bun (G,So)

or

Spicy Chicken Burger in a Sesame Bun  
(G,Se,Mu)

Falafel Burger in a Sesame Bun (G,Se)

Add  
Mayonnaise (E)  
Shredded Iceberg  
Ketchup  
Sweetcorn  
BBQ Beans (Su,So,G,Ce)  
Baked Potato Wedges

## ★ ASIAN FLAVOURS ★

Crispy Asian Sweet Chilli Chicken  
(G,So,E)

Szechuan Spiced Pork with Ginger  
Noodles (G,So,E)

Tofu and Mushroom Mapo Stir Fry  
(G,So,Mu)

Shredded Asian Slaw (Su,So,Se)  
Egg Noodles (G,E)  
Coriander Steamed Rice

Spring Rolls (G,So,Mk,E,Ce)

Slow Cooked Beef Lasagne  
Topped with Mozzarella (G,Mk,E)

Chef Salad  
Coleslaw (E)

Extra  
Focaccia Fingers (G)

Mediterranean Vegetable Lasagne  
Topped with Mozzarella (G,Mk,E)

Chef Salad  
Coleslaw (E)

Extra  
Focaccia Fingers (G)

## ★ FISH & CHIP SHOP ★

Battered Fish Fillet (G,F)  
Cheese and Onion Pastie  
(G,So,Mk)

“Chip Butty” (G,Se,Mk)  
Jumbo Sausage (G,Su)  
Fish Fingers (G,F,E)

Oven Baked Chips  
Garden Peas  
Baked Bean

Chunky Tartare Sauce (Su,E)  
Ketchup and Lemon



THEME BARS  
-PLUS DAILY-

JACKET  
POTATOES  
& SALAD BAR



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# GLOBAL EATS

From £2.35



MON

TUE

WED

THU

FRI

Love Joes  
Tandoori  
Chicken with  
Mango  
Chutney  
(G,Mk,E) and  
Green  
Coriander  
Chutney (Mk)

Cauliflower  
Keralan Curry  
with Steamed  
Rice (G)

Pulled Pork in a  
Bun with  
Chipotle Slaw  
(G,So,Se,Mu,Lu,E)

Fiery Jerk  
Chicken  
Burger with  
Pineapple Salsa  
(G,Su,Se)

Fish and Chip  
Shop

# DESSERTS

Selection of  
home bakes,  
flapjacks,  
cookies,  
sponges, jelly  
and fruit pots

From £1.15



## Daily Pasta Bar

Slow Cooked Beef Bolognese (G)  
Tomato and Basil (G)  
Mac 'n' Cheese (G,Mk)

## Served with

Home baked Garlic Bread (G,So,Mk)  
Cheese (Mk)

From £2.35, extras from £0.55

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# MAINS

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Week Three:

16<sup>th</sup> Sept, 7<sup>th</sup> Oct, 4<sup>th</sup> Nov, 25<sup>th</sup> Nov, 16<sup>th</sup> Dec

MON

Greek Garlic Lemon, Thyme Chicken and Potato Tray Bake with Broccoli and a Chef's Salad

Cajun, Lime, Coriander Tofu and Potato Tray Bake (So,Mu) with Broccoli and a Chef's Salad

TUE

## ★ TEX MEX ★

Tex Mex Turkey Enchiladas (G,Mu,Mk)

Chick pea and Vegetable Moqueta (Su,Mu)

Blackbean, Sweetcorn and Coriander Rice Seared Greens

*Extra*  
Cheesy Cornbread (Mk,E)

WED

## ★ THAI KITCHEN ★

Thai Green Chicken Curry or Thai Pork Noodles with Sweet Chilli (G,E)

Butternut Squash Thai Curry (Mk,F)

Coconut Rice (Su) Thai Ginger Beansprout Salad

*Extra*  
Spring Roll with Sweet Chilli Sauce (G,So,Mk,E,Ce)

THU

Sticky BBQ Chicken (G,Su,So,Ce) with Potato Wedges and Cowboy Beans (Su,So,G,Ce)

Sticky BBQ Sweet Potato (G,Su,So,Ce) with Potato Wedges and Cowboy Beans (Su,So,G,Ce)

FRI

## ★ FISH & CHIP SHOP ★

Battered Fish Fillet (G,F) Cheese and Onion Pastie (G,So,Mk) "Chip Butty" (G,Se,Mk) Jumbo Sausage (G,Su) Fish Fingers (G,F,E)

Oven Baked Chips Garden Peas Baked Bean

Chunky Tartare Sauce (Su,E) Ketchup and Lemon



THEME BARS

-PLUS DAILY-

JACKET POTATOES

& SALAD BAR



Meal Deal

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# GLOBAL EATS

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MON

Halloumi Burger (G,Se,Mk,E)

TUE

5 Spice Chicken Wrap (G,So,E)

WED

Chilli Dog with Grated Mozzarella and Crushed Tortillas (G,Su,So,Mu,Mk)

THU

Love Joes – Baja Mexican Chicken Burrito (G)

FRI

Fish and Chip Shop

# DESSERTS

Selection of home bakes, flapjacks, cookies, sponges, jelly and fruit pots

From £1.15



## Daily Pasta Bar

Slow Cooked Beef Bolognese (G) Tomato and Basil (G) Mac 'n' Cheese (G,Mk)

## Served with

Home baked Garlic Bread (G,So,Mk) Cheese (Mk)

From £2.35, extras from £0.55

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