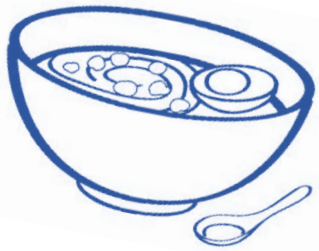
Week One	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN BOWLS	Beef Bolognese with Pasta & Pesto (GF/a) Moroccan Lamb Tagine *Or* Chickpea Tagine with Loaded Couscous, Yoghurt & Coriander	Pork & Apple Sausage Roll *Or* Homemade Vegan Sausage Roll Served with Rosemary Salted Wedges & Corn Cob --- Roasted Sweet Potato Chunks with Tuna & Sweetcorn (GF)	Honey Roasted Aubergine with Satay Style Sauce, Pad Thai Style Noodles (GF-a) --- Loaded Potato Wedges with Plant Based Meatballs in Marinara Sauce ---	Loaded Hot Dog with Mustard & Ketchup *Or* Mozzarella & Beef Tomato Loaded Homemade Bread with Basil Served with Chilli Tortilla Chips Roasted Sweet Potato with Tuna & Spring Onion (GF)	Battered Cod Goujons *Or* Plant Based Goujons Served in a Ciabatta with a Crunchy Slaw & Skinny Fries
SIDE SALAD	Tomato & Basil, Cucumber & Mixed Leaf	House Salad, Mustard, Ketchup and Mayonnaise	Sliced Limes, Cucumber, Tomato & Mixed Leaf	Coleslaw, Sweetcorn & Mixed Leaf	Tartar Sauce, Pickled Onions, Lemon Wedges & Mixed Leaf
SALAD BOWL	Hummus Bowl with Beetroot, Goats Cheese & Pumpkin Seeds	Couscous with Feta and Crunchy Veg	Tuna Nicoise	Greek Salad with Feta, Olives and Tomato	Chicken Caesar with Egg & Croutons
DESSERT	Citrus Drizzle Cake	Yoghurt Topped with Compote & Muesli	Blueberry Muffins	Homemade Lemon Shortbread	Panna Cotta with Apricots & Granola

Week Two	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN BOWLS	Chicken & Basil Pasta in Tomato Sauce *Or* Red Pepper Gnocchi in Tomato Sauce with Mozzarella & Chunky Pesto Focaccia --- Jacket Potato, Grated Cheese & Baked Beans (GF)	Crispy Chicken Katsu *Or* Breaded Poached Egg Served with Sticky Rice, Katsu Sauce & Shredded Cucumber & Grated Carrot Topping (GF-a) --- Penne Served with a Fresh Tomato & Basil Sauce	Three Cheese Macaroni Served with a Choice of Roasted Squash, Garlic Spinach & Cajun Roasted Sweetcorn --- Falafel & Rice Bowls with Coconut Curry Sauce & Coriander (GF)	Cantonese Pulled Pork Bao Bun *Or* Sweet Chilli Broccoli with Noodles, Pickled Radish, Spring Onion & Garlic Spring Greens --- Penne Pasta Served with a Fresh Basil & Tomato Sauce (GF-a)	Chicken Burger *Or* Homemade Plant Based Burger with Baby Gem Lettuce, Garlic Mayo & Roasted Potato Wedges --- Jacket Potato with Topping of the Day
SIDE SALAD	Cucumber, Tomato & Mixed Leaf	Pickled Ginger, Tomato & Shredded Lettuce	Grated Carrot, Cucumber, Beetroot & Mixed Leaf	Pickled Ginger, Cucumber & Mixed Leaf	Shredded Lettuce, Tomato, Gherkins & Coleslaw
SALAD BOWL	Pearl Barley, Mozzarella, Cherry Tomato, Black Olive & Rocket	Hummus Bowl with Beetroot, Goats Cheese & Pumpkin Seeds	Mixed Vegetable Noodle Chow Mein Topped with Soft Egg & Spring Onion	Greek Salad with Feta, Olives and Tomato	Tuna Nicoise
DESSERT	Chocolate Brownie	Lemon Sponge	Portuguese Custard Tart	Yoghurt with Fruit Compote & Granola	Sticky Toffee Sponge with Caramel Sauce


STREET FOOD

Week Three	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN BOWLS	Chicken & Chickpea Madras Curry *Or* Homemade Onion Bhaji with Yoghurt Raita Served with Sliced Red Onion & Golden Coriander Rice --- Jacket Potato, Grated Cheese & Baked Beans (GF)	Pepperoni Pizza *Or* Margarita Pizza with Rosemary Salted Fries & Corn on the Cob --- Sweet Potato Topped with Spicy Shredded Chicken & Feta (GF)	Thai Vegetable Curry with Tofu, Carrot & Spring Onion with Coconut Rice & Prawn Crackers --- Plant Based Chilli Loaded Wedges with Sour Cream & Tomato Salsa (GF)	Cumberland Sausages *Or* Vegan Sausages in Gravy with Thyme Mash, Onion Gravy & Steamed Greens (GF-a) --- Wholemeal Penne Pasta Served with a Chunky Tomato & Basil Sauce with Pesto Roasted Tomatoes	Homemade Spicy Fishcake with Tomato Vinaigrette --- Feta & Spinach Spanakopita with Tomato Vinaigrette Lightly Salted Homemade Potato Wedges
SIDE SALAD	Sweetcorn, Cucumber & Mixed Leaf	House Salad, Coleslaw, Garlic Mayo, Ketchup	Picked Cucumber, Spicy Corn Salad & Mixed Leaf	Tomato, Beetroot & Broccoli Salad	Tartar Sauce, Mixed Leaf, Cucumber & Sweet Chilli Slaw
SALAD BOWL	Mexican Salad	Roasted Chicken Caesar with Egg & Croutons	Beef Strip Noodle Salad	Greek Salad with Feta, Olives & Tomato	Pearl Barley, Mozzarella, Cherry Tomato, Black Olive & Rocket
DESSERT	Chocolate Sponge with Chocolate Icing	Lemon Posset with Strawberries	Rice Pudding with Strawberry Compote	Fruit Salad Pots	Raspberry & Yoghurt Sponge