

# WEEK 2

# THIS WEEK'S MENU

W/C: 10/11/2023, 01/12/2023

	OPTION ONE	OPTION TWO	GRAB & GO
<b>MON</b>	<b>SPICE IS NICE</b> <b>CHICKEN TIKKA MASALA</b> with Wholegrain Rice and Vegetables 🌱 🍷	<b>SPICE IS NICE</b> <b>SPINACH AND CHICKPEA DAHL</b> with Wholegrain Rice, Vegetables and Mint Raita 🌱 🍷 🍷	<b>HOT DISHES:</b> Paninis Pasta and Sauces 🍷 Freshly Baked Pizza Soup and Bread 🌱 Jacket Potato and Toppings 🌱 🌱
<b>TUE</b>	<b>BURGER BAR</b> <b>BUFFALO CHICKEN</b> with Baked Garlic and Herb Wedges and Salad	<b>BURGER BAR</b> <b>TIGER BHAJI BURGER</b> with Baked Garlic and Herb Wedges and Salad 🌱	<b>SALADS:</b> Tuna and Sweetcorn Pasta Salad 🍷 Pesto Pasta Salad 🌱 🍷 🍷 Roasted Indian Chickpea Salad 🌱 🍷
<b>WED</b>	<b>ROAST CHICKEN</b> with Roast Potatoes, Vegetables and Gravy	<b>ROAST QUORN</b> with Roast Potatoes, Vegetables and Gravy 🌱	<b>SANDWICHES/BAGUETTES:</b> Egg Salad Sandwich 🌱 Chicken Salad Sandwich 🍷 🍷 Cheese and Pickle Baguette 🌱 Tuna Mayo Baguette BLT Baguette
<b>THURS</b>	<b>STREET</b> <b>STICKY MANDARIN PORK</b> with Vegetable Fried Rice and Satay Sweetcorn 🍷	<b>STREET</b> <b>VEGETABLE JAMBALAYA</b> with Green Beans 🌱	<b>WRAPS:</b> BBQ Chicken Wrap 🍷 Chicken Caesar Wrap 🍷 Crunchy Pepper and Houmous Wrap 🌱 🍷
<b>FRI</b>	<b>FRIDAY FAVOURITES</b> <b>BATTERED FISH</b> with Chips and Baked Beans or Peas	<b>FRIDAY FAVOURITES</b> <b>CHEESE, ONION AND POTATO SLICE</b> with Chips and Baked Beans or Peas 🌱	

🌱 Vegetarian 🌱 Vegan 🐟 Oily Fish 🌾 Wholegrain 🍷 Nutritionist's Choice

Our menu is subject to change.