

**WEEK ONE** 

VEGAN

**UEGETARIAN** 



MONDAY

**TUESDAY** 

WEDNESDAY

**THURSDAY** 

FRIDAY

+ SEASONED POTATO
WEDGES

INDONESIAN CHICKEN CURRY + FRAGRANT PILAU RICE SLOW ROASTED CHICKEN WITH ROASTIES, STUFFING + GRAUY CHICKEN PAELLA

FISH FINGER SOFT TACO + FRIES

NEAPOLITAN VEGETABLE RAVIOLINI + TOMATO SAUCE INDONESIAN SWEET
POTATO + CHICKPEA
CURRY + FRAGRANT
PILAU RICE

HOMEMADE VEGGIE +
STUFFING ROLL WITH
ROASTIES + GRAVY

MEXICAN VEG + BEAN
BURRITO WITH
CORIANDER + LIME
RICE

FALAFEL WRAP WITH MINT YOGHURT + FRIES

SUPER SALAD

CAULIFLOWER SPINACH

SHREDDED CABBAGE SLICED CARROT

BROCCOLI SWEETCORN & PEPPERS BAKED BEANS GARDEN PEAS















**THURSDAY** 

**VEGETARIAN** 



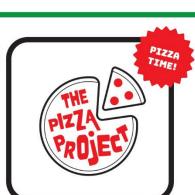
MAINS

**VEC OPTION** 

VEGGIES

**ALSO AVAILABLE** 









**SPICY CHICKEN + BEAN BURRITO WITH STEAMED RICE** 

MONDAY

**SWEDISH MEATBALLS** WITH MASH + CREAMY GRAUY

**TUESDAY** 

**WEEK TWO** 

**SLOW ROASTED CHICKEN WITH ROASTIES, STUFFING +** GRAUY

WEDNESDAY

**TURKEY KOFTA WITH** MINT YOGHURT + **SPINACH RICE** 

**MSC FISH FINGERS WITH FRIES** 

**MIXED BEAN CHILLI WITH STEAMED RICE** 

**MEDLEY OF** 

**VEGETABLES** 

**VEGEBALLS WITH** MASH + CREAMY GRAUY

**SWEET POTATO.** CHICKPEA + SPINACH **BAKLAVA WITH ROASTIES** 24

LENTIL + MUSHROOM **KEEMA CURRY WITH STEAMED RICE** 30

**ONION BHAJI BURGER WITH FRIES** 

**CARROT BATTONS GARDEN PEAS** 

**SWEDE BROCCOLI** 

**CAULIFLOWER GREEN BEANS** 

**BAKED BEANS GARDEN PEAS** 











MONDAY

**TUESDAY** 

WEDNESDAY

**THURSDAY** 

FRIDAY

**COTTAGE PIE** 

TUNA + SALMON **FISHCAKE WITH GARLIC PAPRIKA** WEDGES

**SLOW ROASTED CHICKEN WITH ROASTIES, STUFFING +** GRAUY

**RUSTIC CHICKEN TANDOORI WITH MINT RAITA + GOLDEN TURMERIC RICE** 

**CRISP FISH LOUISIANA PO'BOY SUB WITH FRIES** 

**VEGAN COTTAGE PIE** 

SPANISH TORTILLA

WITH GARLIC PAPRIKA WEDGES

MUSHROOM + SOUASH

WELLINGTON **ROASTIES + GRAUY**  **VEGETABLE LASAGNE** 

**UEGEBALL MARINARA SUB WITH FRIES** 

30

**GREEN VEGETABLE MEDLEY** 

SLAW **SWEETCORN & PEAS**  SLICED CARROT **BROCCOLI** 

**GREEN BEANS SWEETCORN** 

**BAKED BEANS GARDEN PEAS** 





MAINS

**VEG OPTION** 

VEGGIES









