

# MENU



**HOT & FILLING**

WEEK ONE

VEGAN

VEGETARIAN

MAINS  
VEG OPTION  
VEGGIES

## MONDAY

**SMASHED BEEF SLIDER  
+ SEASONED POTATO  
WEDGES**

**NEAPOLITAN  
VEGETABLE  
RAVIOLINI + TOMATO  
SAUCE**

**SUPER SALAD**

## TUESDAY

**INDONESIAN  
CHICKEN CURRY  
+ FRAGRANT PILAU  
RICE**

**INDONESIAN SWEET  
POTATO + CHICKPEA  
CURRY + FRAGRANT  
PILAU RICE**

**CAULIFLOWER  
SPINACH**

## WEDNESDAY

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

**HOMEMADE VEGGIE +  
STUFFING ROLL WITH  
ROASTIES + GRAVY**

**SHREDDED CABBAGE  
SLICED CARROT**

## THURSDAY

**CHICKEN PAELLA**

**MEXICAN VEG + BEAN  
BURRITO WITH  
CORIANDER + LIME  
RICE**

**BROCCOLI  
SWEETCORN & PEPPERS**

## FRIDAY

**FISH FINGER SOFT  
TACO + FRIES**

**FALAFEL WRAP WITH  
MINT YOGHURT +  
FRIES**

**BAKED BEANS  
GARDEN PEAS**

ALSO AVAILABLE

**BREAK AWAY**  
**MORNING SNACKS**

**the hot pod**  
**ON THE GO**

**THE PIZZA PROJECT**  
**PIZZA TIME!**

**PASTA BOX**  
**COMFORT FOOD**

**THE STREETS**  
**HAND HELD**



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## MONDAY

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

**MIXED BEAN CHILLI WITH STEAMED RICE**



**MEDLEY OF VEGETABLES**

## TUESDAY

**SWEDISH MEATBALLS WITH MASH + CREAMY GRAVY**

**VEGEBALLS WITH MASH + CREAMY GRAVY**



**CARROT BATTONS GARDEN PEAS**

## WEDNESDAY

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

**SWEET POTATO, CHICKPEA + SPINACH BAKLAVA WITH ROASTIES**



**SWEDE BROCCOLI**

## THURSDAY

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

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



**CAULIFLOWER GREEN BEANS**

## FRIDAY

**MSC FISH FINGERS WITH FRIES**

**ONION BHAJI BURGER WITH FRIES**



**BAKED BEANS GARDEN PEAS**

ALSO AVAILABLE



MORNING SNACKS



ON THE GO



PIZZA TIME!



COMFORT FOOD



HAND HELD



# MENU



WEEK THREE

VEGAN 

VEGETARIAN 

HOT & FILLING

MAINS

## MONDAY

**COTTAGE PIE**

## TUESDAY

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

## WEDNESDAY

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

## THURSDAY

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

## FRIDAY

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

VEG OPTION

**VEGAN COTTAGE PIE**



**SPANISH TORTILLA  
WITH GARLIC PAPRIKA  
WEDGES**



**MUSHROOM + SQUASH  
WELLINGTON  
ROASTIES + GRAVY**



**VEGETABLE LASAGNE**



**VEGEBALL MARINARA  
SUB WITH FRIES**



VEGGIES

**GREEN VEGETABLE  
MEDLEY**

**SLAW  
SWEETCORN & PEAS**

**SLICED CARROT  
BROCCOLI**

**GREEN BEANS  
SWEETCORN**

**BAKED BEANS  
GARDEN PEAS**

ALSO AVAILABLE



MORNING  
SNACKS



ON THE  
GO



PIZZA  
TIME!



COMFORT  
FOOD



HAND  
HELD