











# WEEK 1 MENU

CHOICE  
*One*

CHOICE  
*Two*

GRAB & GO  
OPTIONS

<b>MON</b>	<b>Bangers and Mash</b> Served with Vegetables and Gravy	<b>Veggie Chow Mein</b>  
<b>TUE</b>	<b>Turkey Con Chilli</b>   Served with Rice and Peas	<b>Feta and Beetroot Burger</b>  Served with Chipotle Wedges and Side Salad
<b>WED</b>	<b>Honey Roasted Ham and Mash</b> Served with Vegetables and Gravy	<b>Vegetarian Cottage Pie</b>   Served with Vegetables and Gravy
<b>THUR</b>	<b>Beef Bolognese</b>  Served with Wholewheat Pasta and Peas	<b>Vegetarian Sausage Casserole</b>  Served with Mashed Potato and Vegetables
<b>FRI</b>	<b>Southern Fried Chicken Goujons</b> Served with Chips, Peas and Baked Beans	<b>Trinidad Vegetable Rice</b> 

## WEEKLY SPECIAL

- **Roasted Indian Chickpea Salad**  •

### SALADS:

Tuna and Sweetcorn Pasta Salad  
Pesto Pasta Salad   

### SANDWICHES/BAGUETTES:

Ham & Cheese Sandwich  
Chicken, Lettuce & Mayo Sandwich  
Cheese Sandwich   
Ham Baguette  
Cheese & Tomato Baguette 

### WRAPS:

Tuna Crunch Wrap   
Pepper and Houmous Wrap  

### HOT DISHES:

Paninis  
Pasta & Sauces  
Freshly Baked Pizza  
Love Joe's Mexican Burrito

# WEEK 2 MENU

CHOICE  
*One*

CHOICE  
*Two*

GRAB & GO  
OPTIONS

<b>MON</b>	<b>Mexican Beef Tortilla Pie</b> 🌿 ❤️ Served with Wholegrain Rice and Salad	<b>Veggie Chow Mein</b> 🌱 ❤️
<b>TUE</b>	<b>West African Chicken Rice</b> ❤️	<b>Roasted Butternut Squash, Chickpea and Broccoli Buddha Bowl</b> 🌱 🌿 ❤️
<b>WED</b>	<b>Chicken Sausage Pasta Bake</b> Served with Salad	<b>Veggie Burrito</b> 🌱
<b>THUR</b>	<b>Chicken and Vegetable Tikka Masala</b> 🌿 ❤️ Served with Wholegrain Rice and Sweetcorn	<b>Roasted Cauliflower and Chickpea Korma</b> 🌱 🌿 ❤️ Served with Wholegrain Rice and Sweetcorn
<b>FRI</b>	<b>Southern Fried Chicken Goujons</b> Served with Chips, Peas and Baked Beans	<b>The Veggie Dog</b> 🌱 Served with Chips, Peas and Baked Beans

## WEEKLY SPECIAL

• Moroccan Chicken Salad ❤️ •

### SALADS:

Tuna and Sweetcorn Pasta Salad  
Pesto Pasta Salad 🌱 🌿 ❤️

### SANDWICHES/BAGUETTES:

Ham & Cheese Sandwich  
Chicken, Lettuce & Mayo Sandwich  
Cheese Sandwich 🌱  
Ham Baguette  
Cheese & Tomato Baguette 🌱

### WRAPS:

Tuna Crunch Wrap 🌿  
Pepper and Houmous Wrap 🌱 🌿

### HOT DISHES:














Paninis  
Pasta & Sauces  
Freshly Baked Pizza  
Love Joe's Mexican Burrito

# WEEK 3 MENU

CHOICE  
*One*

CHOICE  
*Two*

GRAB & GO  
OPTIONS

<b>MON</b>	<b>Bangers and Mash</b> Served with Vegetables and Gravy	<b>Chickpea and Vegetable Jalfrezi</b>    Served with Wholegrain Rice
<b>TUE</b>	<b>Steak Mince Pie</b> Served with Mashed Potato, Vegetables and Gravy	<b>Vegan Chilli</b>    Served with Wholegrain Rice and Peas
<b>WED</b>	<b>Roast Pork</b> Served with Roast Potatoes, Stuffing, Vegetables and Apple Sauce	<b>Blackeye Bean Burger</b>  Served with Baked Garlic and Herb Wedges and American Slaw
<b>THUR</b>	<b>Beef Bolognese</b>   Served with Wholewheat Pasta and Peas	<b>Vegetarian Tikka Masala</b>    Served with Wholegrain Rice and Vegetables
<b>FRI</b>	<b>Southern Fried Chicken Goujons</b> Served with Chips, Peas and Baked Beans	<b>Mexican Loaded Wedges</b>  Served with Peas and Baked Beans

## WEEKLY SPECIAL

• Sweet Chilli Chicken Noodle Salad •

### SALADS:

Tuna and Sweetcorn Pasta Salad  
Pesto Pasta Salad   

### SANDWICHES/BAGUETTES:

Ham & Cheese Sandwich  
Chicken, Lettuce & Mayo Sandwich  
Cheese Sandwich   
Ham Baguette  
Cheese & Tomato Baguette 

### WRAPS:

Tuna Crunch Wrap   
Pepper and Houmous Wrap  

### HOT DISHES:

Paninis  
Pasta & Sauces  
Freshly Baked Pizza  
Love Joe's Mexican Burrito