



Autumn Menu 2023



WEEK 1

MONDAY



Indian Fusion

TUESDAY



Mexican Mix Up

WEDNESDAY



British Classic

THURSDAY





The Hot Wok

FRIDAY



Thank Goodness it's
Fryday

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
The Main Event	Chicken Balti Steamed Rice Chota Naan Peas/Salad	Mexican Style Wrap Coleslaw Fresh Crispy salad	Seasoned Chicken Breast Sage and Onion Stuffing Gravy Fresh Steamed Veggies Crispy Roasties	Chinese Bao Buns with Cantonese BBQ pulled pork Special Fried Rice	Battered Haddock or Chicken Bites Chips Peas
Something Extra		Bubble Coated Salmon Garlic and Herb Wedges Peas		Chinese Special Garlic and Ginger Chicken Fluffy White Rice Prawn Crackers	Mushy Peas Gravy Curry Sauce
Veggie Power	Vegetable and Lentil Balti Steamed Rice Chota Naan Peas/Salad	Ultimate Veggie Buritto Coleslaw Fresh Crispy Salad	Quorn Roast Sage and Onion Stuffing Vegetarian Gravy Fresh Steamed Veggies Crispy Roasties	Vegetable Spring Roll Sweet Chilli Sauce	Cheese and Tomato Pizza Gluten Free Available to Order
Something Sweet	A variety of homemade cakes and bakery items available	A Variety of cakes and bakery items available	Jam Roly Poly with Custard A Variety of cakes and bakery items available	A Variety of cakes and bakery items available	A Variety of cakes and bakery items available
Fresh Fruit and Yogurt	Fruit/ Fruit Salad Pots/Fruit Yoghurt, Angel Delight	Fruit/ Fruit Salad Pots/Fruit Yoghurt, Angel Delight	Fruit/ Fruit Salad Pots/Fruit Yoghurt, Angel Delight	Fruit/ Fruit Salad Pots/Fruit Yoghurt, Angel Delight	Fruit/ Fruit Salad Pots/Fruit Yoghurt, Angel Delight
Water and Fruit Drinks	A selection of natural fruit drinks are available to purchase daily. Fresh water is also available.	A selection of natural fruit drinks are available to purchase daily. Fresh water is also available.	A selection of natural fruit drinks are available to purchase daily. Fresh water is also available.	A selection of natural fruit drinks are available to purchase daily. Fresh water is also available.	A selection of natural fruit drinks are available to purchase daily. Fresh water is also available.
<div>  <p>A large selection of filled rolls, baguettes and sandwiches are available daily as well as Baked Potatoes with various fillings.</p>  </div>					