














WEEK 1

SELECTOR MENU

MON	SAUSAGE AND MASH with Vegetables and Gravy VEGGIE BURRITO with Baked Garlic and Herb Wedges and Salad  
TUE	CHICKEN, PEA AND LEEK PASTA BAKE  VEGETABLE TIKKA MASALA with Wholegrain Rice and Vegetables   
WED	ROAST LOIN OF PORK WITH APPLE SAUCE AND STUFFING with Roast Potatoes, Vegetables and Gravy ROAST QUORN with Roast Potatoes, Vegetables and Gravy 
THUR	CHILLI CON CARNE with Wholegrain Rice and Vegetables   VEGETARIAN SAUSAGE AND MASH with Vegetables and Gravy 
FRI	TENNESSEE CRISPY CHICKEN BURGER with Chips, Baked Beans and Peas BRAZILIAN BLACK BEAN STEW with Wholegrain Rice and Vegetables   



Nutritionist's Choice



Vegetarian



Vegan



Oily Fish



Wholegrain



Halal

Our menu is subject to change.

WEEK 2

SELECTOR MENU

MON	VEGAN CHILLI with Wholegrain Rice and Chipotle Sweetcorn    VEGETARIAN LASAGNE with Margherita Pizza Pinwheel and Salad  
TUE	BUFFALO CHICKEN with Baked Garlic and Herb Wedges and Salad URBAN VEGAN DOG with Baked Garlic and Herb Wedges and Salad 
WED	ROAST CHICKEN with Roast Potatoes, Vegetables and Gravy ROAST QUORN with Roast Potatoes, Vegetables and Gravy 
THUR	CARIBBEAN CHICKEN RICE with Vegetables VEGAN COTTAGE PIE with Vegetables and Gravy  
FRI	SOUTHERN FRIED CHICKEN GOUJONS with Chips, Baked Beans and Peas BBQ QUORN BITES with Chips and Baked Beans or Peas 



Nutritionist's Choice



Vegetarian



Vegan



Oily Fish



Wholegrain



Halal

Our menu is subject to change.

WEEK 3

SELECTOR MENU

MON	CHICKPEA AND TOMATA MASALA with Wholegrain Rice and Vegetables    CHEESE AND BEAN TOASTIE with Baked Garlic and Herb Wedges and Vegetables 
TUE	MINCE BEEF PIE with Mashed Potato, Vegetables and Gravy BRAZILIAN BLACK BEAN STEW with Wholegrain Rice and Vegetables   
WED	ROAST GLAZED HAM with Roast Potatoes, Vegetables and Gravy ROAST QUORN with Roast Potatoes, Vegetables and Gravy 
THUR	BEEF LASAGNE with Margherita Pizza Pinwheel and Salad  VEGETARIAN LASAGNE with Margherita Pizza Pinwheel and Salad  
FRI	BATTERED FISH with Chips, Baked Beans and Peas CHEDDAR, ONION AND POTATO SLICE with Chips and Baked Beans or Peas 



Nutritionist's Choice



Vegetarian



Vegan



Oily Fish



Wholegrain



Halal

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