

# WEEK THREE

## MONDAY


## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### MAIN #1

Crunchy Topped  
Tomato Pasta Bake  
with Roasted  
Vegetables 

**THE MEXICAN KITCHEN**  
Spicy Mexican Chicken  
with Rice and Sides

Beef Lasagne with  
Garlic Bread  
and Salad 

**FIESTA  
ESPANOL**  
Chicken Paella with  
Patatas Bravas and  
Salads

Fish and Chips with  
Garden Peas or Baked  
Beans

### MAIN #2

Vegetarian Toad in the  
Hole with Mashed  
Potatoes & Gravy

**THE MEXICAN KITCHEN**  
Vegan Chilli with Rice  
and Sides 

Vegetable Ragu with  
Garlic Bread and  
Spaghetti 

**FIESTA  
ESPANOL**  
Spanish Tortilla with  
Patatas Bravas and  
Salads

Vegetarian Burger and  
Chips with Garden Peas  
or Baked Beans 

### HANDHELD

Selection of Wraps

Pitta Pizza

Chicken Wrap

Selection of Paninis

Sausage Roll

### BOWLED OVER

Rice Bowl

Pasta Kitchen

Rice Bowl

Noodle Street

Pasta Kitchen

### MODERN BAKERY

Chocolate Orange  
Cookie 

Apple Pie  
with Cream

Fruit Muffins

Peach Cake

Chocolate Brownie

### SUPER SPUDS

DON'T FORGET ABOUT OUR BAKED  
POTATOES WITH A VARIETY OF TOPPING  
FOR YOU TO CHOOSE FROM!

### SOUP STATION

COME AND TRY OUR HOME-  
MADE SOUPS, AVAILABLE DAILY!

### MENU KEY



- IM VEGAN!



- ADDED PLANT  
POWER

### ALLERGIES

PLEASE SPEAK TO A MEMBER OF STAFF IF YOU  
HAVE AN ALLERGY AND NEED TO KNOW WHAT'S  
INSIDE OUR FOOD DISHES. THEY WILL ADVISE  
YOU OF YOUR AVAILABLE CHOICES.