

WEEK 1 MENU



INDEPENDENTS
BY SODEXO



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

PLANT POWERED

Korean BBQ quorn with flatbreads

Meat free Lincolnshire sausage with mashed potato

Sri Lankan sweet potato curry with wild rice

Hoi sin quorn fillet with stir fried vegetable noodles

Tomato & mozzarella pizza

GLOBAL MAINS

Korean BBQ chicken with flatbreads

Butchers style Cumberland sausage with mashed potato

Slow braised beef massaman curry with wild rice

Sticky teriyaki chicken with stir fried vegetable noodles

Meatball sub

SIDES

Egg fried rice, corn on the cob & charred vegetables

Carrots, sugar snap peas & gravy

Onion bhaji, poppadoms, cavolo nero & sugar snaps

Sesame roast broccoli & carrots

Chips, corn on the cob & baked beans

Deli style sandwich selection with a choice of fillings & side salad

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Soup of the day with homemade bread

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EXTRAS

Pasta bar with a selection of plant & meat based sauces

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Jacket potato with filling of the day

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DESSERTS

Chocolate brownie, jelly, yoghurts & fresh fruit

Raspberry & white chocolate cake, jelly, yoghurts & fresh fruit

Apple & berry crumble with custard, jelly, yoghurts & fresh fruit

Chocolate fudge cake, jelly, yoghurts & fresh fruit

Victoria sponge, yoghurts & fresh fruit

WEEK 2 MENU



INDEPENDENTS
BY SODEXO



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

PLANT POWERED

Mac 'n' cheese

Swedish style quorn balls with mashed potatoes

Vegan bao buns with steamed rice

Mango, chilli & lime quorn fillet with creole rice & black eyed beans

Tomato & mozzarella pizza

GLOBAL MAINS

Katsu chicken curry with wild rice

Swedish style meatballs with mashed potatoes

Greek chicken gyros with chips

Jamaican jerk chicken with creole rice & black eyed beans

Spiced BBQ pulled beef tacos

SIDES

Roasted Mediterranean vegetables, savoy cabbage & spinach

Broccoli, cauliflower & onion gravy

Thai prawn crackers, corn on the cob & sugar snap peas

Medley of vegetables, baby corn & mango salsa

Chips, dirty rice, peas, beans & salsa selection

Deli style sandwich selection with a choice of fillings & side salad

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EXTRAS

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DESSERTS

Lemon drizzle cake, jelly, yoghurts & fresh fruit

Bread & butter pudding with custard, jelly, yoghurts & fresh fruit

Banoffee pie, jelly, yoghurts & fresh fruit

Marble cake with chocolate sauce, jelly, yoghurts & fresh fruit

Rocky road, yoghurts & fresh fruit

WEEK 3 MENU



INDEPENDENTS
BY SODEXO



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

PLANT POWERED

Tomato & mozzarella tart

Five bean chilli with rice & tortillas

Quorn fajitas with steamed rice

Thai yellow vegetable curry with egg fried rice

Tomato & mozzarella pizza

GLOBAL MAINS

BBQ chipotle chicken with flatbreads

Slow cooked beef chilli with rice & tortillas

Ham hock & chicken mac 'n' cheese

Chinese chicken curry with egg fried rice

Freshly battered fish & chips

SIDES

Seasoned wedges, new potatoes, cauliflower cheese & honey roast carrots

Roast Mediterranean vegetables, sugar snap peas & salsa selection

Fine beans & broccoli & cheese bake

Vegetable spring rolls, prawn crackers, medley of vegetables & baby corn

Mushy peas & baked beans

Deli style sandwich selection with a choice of fillings & side salad

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EXTRAS

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DESSERTS

Carrot cake, jelly, yoghurts & fresh fruit

Rhubarb & custard crumble cake, jelly, yoghurts & fresh fruit

Sprinkle sponge cake, jelly, yoghurts & fresh fruit

Tiramisu, jelly, yoghurts & fresh fruit

Black forrest gateaux, yoghurts & fresh fruit