

MENU

MY
LUNCH
MY
WAY

WEEK 1

V = VEGETARIAN VE = VEGAN

MONDAY

BREAKFAST

POWERBALLS V

SAVOURY BREAKFAST MUFFIN
Bacon / Egg / Veg Sausage VE

YOGHURT & GRANOLA V

MID-MORNING

DIRTY VEGGIE WEDGES V

MARGHERITA PIZZA V

LOADED NACHOS V

PANINI / BAGUETTE

LUNCH

HALLOUMI BURGER WITH SRIRACHA SLAW &
JACKET WEDGES V

MAC N' CHEESE V

JACKET BAR

FRUIT SHORTBREAD VE

DESSERT SPECIAL V

Fruit / Jelly / Yoghurt

TUESDAY

POWERBALLS V

PORRIDGE BAR V

TOASTED BAGEL V
Plain / Cream Cheese or Melted Cheese

BREAKFAST HOT POT

CINNAMON SWIRL V

DIRTY WEDGES

Meat / Roast Vegetables V

CIABATTA PIZZA V

BREAKFAST WRAPS

HUMMUS BAR VE

3 kinds

PANINI / BAGUETTE

PERI PERI CHICKEN

With Spicy Rice & Minted Peas

FALAFEL & CARROT HUMMUS WRAP VE

CHICKEN GYROS

With Bean Salad & Sriracha Slaw

CURRY BAR

VEGAN GINGER CAKE VE

DESSERT SPECIAL V

Fruit / Jelly / Yoghurt

WEDNESDAY

POWERBALLS V

PORRIDGE BAR V

SAVOURY BREAKFAST MUFFIN
Bacon / Veg sausage VE

BREAKFAST WRAP

YOGHURT & GRANOLA V

CINNAMON SWIRL V

SOUP V

DIRTY VEGGIE WEDGES V

CARBONARA PIZZA

FALAFEL & HUMMUS
CIABATTA V

HOT CHICKEN WRAP

PANINI / BAGUETTE

CHICKEN CARVERY ROAST 3 WAYS

Lemon / Tandoori / Plain with Roast Potatoes,
Gravy & Seasonal Vegetables

QUORN ROAST VE

With Roast Potatoes, Gravy & Seasonal Vegetables

MEATBALL SUB

PASTA BAR

MOUSSE V

DESSERT SPECIAL V

Fruit / Jelly / Yoghurt

THURSDAY

POWERBALLS V

PORRIDGE BAR V

TOASTED BAGEL V
Plain / Cream Cheese / Melted Cheese

BREAKFAST HOT POT

CINNAMON SWIRL V

DIRTY WEDGES

Meat / Roast Vegetables V

PIZZA NAAN V

SLOPPY GIUSEPPE

HUMMUS BAR VE

3 kinds

PANINI / BAGUETTE

CHICKEN KATSU CURRY

With Rice & Mixed Pepper Sriracha Slaw

SUMMER VEGETABLE CRISPY KATSU CURRY
TRAY BAKE VE

PASTA BOLOGNESE POT

JACKET BAR

FRUIT TURNOVER VE

DESSERT SPECIAL V

Fruit / Jelly / Yoghurt

FRIDAY

POWERBALLS V

PORRIDGE BAR V

SAVOURY MUFFIN
Egg / Bacon / Vegan Sausage VE

BREAKFAST HOT POT

FULL ENGLISH FRIDAY

SOUP V

DIRTY VEGGIE WEDGES V

PIZZA TWIST V

LOADED NACHOS V

CINNAMON SWIRL V

PANINI / BAGUETTE

FISH & CHIPS

With Peas & Baked Beans served with
Curry Sauce / Ketchup / Tartar Sauce

SPRING ROLLS & CHIPS VE

With Sweet Chilli Sauce

FISH FINGER SOFT TACO & CHIPS

With Peas & Baked Beans served with
Curry Sauce / Ketchup / Tartar Sauce

PASTA BAR

FRUIT MUFFIN V

DESSERT SPECIAL V

Fruit / Jelly / Yoghurt

FRESH VEGETABLES & FRUIT SERVED DAILY

MENU

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WEEK 2

V = VEGETARIAN VE = VEGAN

MONDAY

BREAKFAST

POWERBALLS V

SAVOURY BREAKFAST MUFFIN
Bacon / Egg / Veg Sausage VE

YOGHURT & GRANOLA V

MID-MORNING

MARGHERITA PIZZA V

LOADED NACHOS V

PANINI / BAGUETTE

LUNCH

ROASTED VEGETABLE & PESTO PASTA
BAKE V

QUORN FISHLESS FISH FINGER WRAP
With Coleslaw VE

JACKET BAR

VEGAN CHOCOLATE BROWNIE VE

DESSERT SPECIAL V
Fruit / Jelly / Yoghurt

TUESDAY

POWERBALLS V

PORRIDGE BAR V

TOASTED BAGEL V
Plain / Cream Cheese or Melted Cheese

BREAKFAST HOT POT

CINNAMON SWIRL V

BREAKFAST MUFFIN V

PIZZA MUFFIN / BAGEL V

BREAKFAST WRAPS

HUMMUS BAR VE

3 kinds

PANINI / BAGUETTE

CHICKEN RENDANG
With Rice

ROASTED SUMMER VEGETABLES &
MOZZARELLA TRAY BAKE V

CHIPOTLE CHICKEN & SWEET POTATO BOWL

CURRY BAR

FLAPJACK VE

DESSERT SPECIAL V
Fruit / Jelly / Yoghurt

WEDNESDAY

POWERBALLS V

PORRIDGE BAR V

SAVOURY BREAKFAST MUFFIN
Bacon / Veg sausage VE

BREAKFAST WRAP

YOGHURT & GRANOLA V

CINNAMON SWIRL V

BREAKFAST MUFFIN V

MARGHERITA PIZZA V

SLOPPY GIUSEPPE

HUMMUS BAR VE

3 kinds

PANINI / BAGUETTE

CHICKEN CARVERY ROAST 3 WAYS
Lemon / Tandoori / Plain with Roast Potatoes,
Gravy & Seasonal Vegetables

BBQ QUORN MELT V
With Wedges & Coleslaw

ROAST BAGUETTE / FLATBREAD

JACKET BAR

SUMMER ICED LOAF V

DESSERT SPECIAL V
Fruit / Jelly / Yoghurt

THURSDAY

POWERBALLS V

PORRIDGE BAR V

TOASTED BAGEL V
Plain / Cream Cheese / Melted Cheese

BREAKFAST HOT POT

CINNAMON SWIRL V

SOUP V

PIZZA TURNOVER V

LOADED NAAN

HUMMUS BAR VE

3 kinds

PANINI / BAGUETTE

SAUSAGE, PEPPER & POTATO TRAY BAKE

TERIYAKI NOODLES WITH BROCCOLI,
CARROTS & MANGETOUT V

CHICKEN TANDOORI NAAN
With Sriracha Slaw

PASTA BAR

BANANA OATBAR V

DESSERT SPECIAL V
Fruit / Jelly / Yoghurt

FRIDAY

POWERBALLS V

PORRIDGE BAR V

SAVOURY MUFFIN
Egg / Bacon / Vegan Sausage VE

BREAKFAST HOT POT

FULL ENGLISH FRIDAY

SOUP V

DIRTY JACKETS
With Roast Vegetables V

MARGHERITA PIZZA V

LOADED NACHOS V

PANINI / BAGUETTE

FISH & CHIPS
With Peas & Baked Beans served with
Curry Sauce / Ketchup / Tartar Sauce

VEGGIE SAMOSA & CHIPS VE
With Curry Sauce

SALMON KATSU & RICE

JACKET BAR

ORANGE DRIZZLE CAKE

DESSERT SPECIAL V
Fruit / Jelly / Yoghurt

FRESH VEGETABLES & FRUIT SERVED DAILY

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MONDAY

BREAKFAST

POWERBALLS V

SAVOURY BREAKFAST MUFFIN
Bacon / Egg / Veg Sausage VE

YOGHURT & GRANOLA V

MID-MORNING

DIRTY VEGGIE WEDGES V

MARGHERITA PIZZA V

LOADED NACHOS V

PANINI / BAGUETTE

LUNCH

NO CHICKEN TIKKA NAAN WRAP V

VEGAN PAD THAI VE

PASTA BAR

VEGAN BERRY CAKE VE

DESSERT SPECIAL V

Fruit / Jelly / Yoghurts

TUESDAY

POWERBALLS V

PORRIDGE BAR V

TOASTED BAGEL V
Plain / Cream Cheese or Melted Cheese

BREAKFAST HOT POT

CINNAMON SWIRL V

DIRTY WEDGES

Meat / Roast Vegetables V

CIABATTA PIZZA V

BREAKFAST WRAPS

HUMMUS BAR VE

3 kinds

PANINI / BAGUETTE

TERIYAKI CHICKEN

With Mixed Vegetables & Rice

CURRIED ROASTED SEASONAL
VEGETABLES & CHICKPEA TRAY BAKE VE

BEEF BOLOGNESE & PASTA POT

JACKET BAR

CHOCOLATE SHORTBREAD VE

DESSERT SPECIAL V

Fruit / Jelly / Yoghurt

WEDNESDAY

POWERBALLS V

PORRIDGE BAR V

SAVOURY BREAKFAST MUFFIN
Bacon / Veg sausage VE

BREAKFAST WRAP

YOGHURT & GRANOLA V

CINNAMON SWIRL V

SOUP V

DIRTY VEGGIE WEDGES V

CARBONARA PIZZA

HOT CHICKEN WRAP

FALAFEL & HUMMUS

CIABATTA V

PANINI / BAGUETTE

HOT CHICKEN CUBAN SANDWICH

With Wedges & Gravy Pot

VEGAN SAUSAGE VE

With Roasted Vegetables & Mash

BBQ OR HOT & SPICY CHICKEN WINGS

With Wedges & Sweetcorn Salad

PASTA BAR

LIME & COCONUT DRIZZLE V

DESSERT SPECIAL V

Fruit / Jelly / Yoghurt

THURSDAY

POWERBALLS V

PORRIDGE BAR V

TOASTED BAGEL V
Plain / Cream Cheese / Melted Cheese

BREAKFAST HOT POT

CINNAMON SWIRL V

DIRTY WEDGES

Meat / Roast Vegetables V

PIZZA NAAN V

SLOPPY GIUSEPPE

HUMMUS BAR VE

3 kinds

PANINI / BAGUETTE

BEEF LASAGNE

VEGETABLE WELLINGTON V

With Cheesy Jacket Wedges

SWEET CHILLI CHICKEN NOODLES

CURRY BAR

RASPBERRY & COCONUT FLAPJACK VE

DESSERT SPECIAL V

Fruit / Jelly / Yoghurt

FRIDAY

POWERBALLS V

PORRIDGE BAR V

SAVOURY MUFFIN
Egg / Bacon / Vegan Sausage VE

BREAKFAST HOT POT

FULL ENGLISH FRIDAY

SOUP V

DIRTY VEGGIE WEDGES V

PIZZA TWIST V

LOADED NACHOS V

CINNAMON SWIRL V

PANINI / BAGUETTE

FISH & CHIPS

With Peas & Baked Beans served with
Curry Sauce / Ketchup / Tartar Sauce

VEGGIE TACO & CHIPS V

With Salsa

FISH GYROS & CHIPS

JACKET BAR

MOUSSE V

DESSERT SPECIAL V

Fruit / Jelly / Yoghurt

FRESH VEGETABLES & FRUIT SERVED DAILY