

WEEKLY MENU WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
SOUP	Squash, chilli & coconut Homemade bread Seeds & toppings (G, mc So)	Turkish red lentil Wholemeal homemade bread Seeds & toppings (G, mc So)	Masala cauliflower bhaji Homemade bread Seeds & toppings (G, mc So)	Leek & potato Wholemeal homemade bread Seeds & toppings (G, mc So)	Roasted tomato & garlic Homemade bread Seeds & toppings (G, mc So)
MAINS	Queens College pasta bar Beef bolognese Or Creamy chicken, sundried tomato & spinach (G, Mk, Su)	Turkish chicken shawarma, khobez, salads & sauces (G, mc Ce, Mu)	Honey glazed roast turkey	Katsu chicken thigh (G,Mk, E, So)	Build your own smashed beef Burger (G,Mk)
PASTA & JACKET	Classic pomodoro Cheddar cheese Baked beans (G,Mk)	Beef chilli Classic pomodoro Baked potato and sweet potato Tuna mayo Baked beans (G,Mk,F)	Lebanese chicken Classic pomodoro Cheddar cheese Baked beans (G,Mk)	Sweet & sour chicken Classic pomodoro Baked potato and sweet potato Baked beans Tuna mayo (G,Mk, So, Su, F)	Smoked mackerel carbonara Classic pomodoro Cheddar cheese Baked beans (G,Mk,F)
PLANT BASED	Green pea & pesto Or Roasted red pepper, chickpea & tomato (G, Mk, Su)	Sumac roasted oyster mushroom shawarma with shaved tofu, khobez, salads & sauces (G, So, mc Ce, Mu)	Roasted butternut & lentil wellington (G)	Tempura tofu & vegetables (G,So)	Quinoa, black bean & beetroot burger (G,So)
SIDES	Handmade garlic & rosemary bread Steamed green beans Mediterranean vegetables (G, mc So)	Paprika & herb seasoned wedges Garlic roasted broccoli Charred corn on the cob Mint yoghurt, chilli sauce (Mk)	Rosemary roast potatoes Yorkshire pudding Honey glazed carrots Flash fried greens Gravy (G,Mk,E)	Steamed soy & chilli noodles Pickled vegetables Stir fried vegetables (G,Mk,E,So)	Seasoned fries Chunky slaw Garden peas Baked beans
DESSERT OF THE DAY	Berry cheesecake Selection of yoghurts, jellies, fruit pots (G,Mk)	Lemon meringue cake Selection of yoghurts, jellies, fruit pots (G,Mk,E, mc So)	Apple crumble & custard Selection of yoghurts, jellies, fruit pots (G,Mk, Mc So)	Courgette & lemon cake Selection of yoghurts, jellies, fruit pots (G,Mk,E, mc So)	Chocolate beetroot brownie Selection of yoghurts, jellies, fruit pots (G,Mk,E, mc So)

WEEKLY MENU WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
SOUP	Roasted red pepper Homemade bread Seeds & toppings (G, mc So)	Spicy roast parsnip Wholemeal homemade bread Seeds & toppings (G, mc So)	Vegetable soup Wholemeal homemade bread Seeds & toppings (G, mc So)	Red lentil, chickpea & Chilli Wholemeal homemade bread Seeds & toppings (G, mc So)	Creamy mushroom Homemade bread Seeds & toppings (G, mc So)
MAINS	Thai Beef Massaman curry	Lemon, honey & oregano glazed chicken	Build your own mac n cheese bar With pulled turkey, crispy onions & paprika chickpeas (G, Mlk, mc So)	Jerk spiced pulled pork	Jumbo fish finger bap, tartare sauce (G,F,Mk,E)
PASTA & JACKET	Roasted red pepper & feta Classic pomodoro cheddar cheese Baked beans (G,Mk)	Classic pomodoro Baked potato or sweet potato Baked beans Tuna mayo Thai beef curry (G,Mk, F)	Greek sticky chicken Classic pomodoro Baked potato or sweet potato Baked beans cheddar cheese (G, Mlk)	Classic pomodoro 3 cheese sauce Baked potato or sweet potato Baked beans Tuna mayo (G,Mk,F, mc So)	Creamy flaked salmon & spinach Classic pomodoro cheddar cheese Baked beans (G,Mk,F, mc So)
PLANT BASED	Quorn & aubergine rendang (So)	Spinach, plant-based chicken & sweet potato tortilla (G,So)	Build your own no mac n cheese With crispy onions, paprika chickpeas & charred squash (G, mc So)	Jamaican jackfruit, black bean & butternut stew	Cajun tofu & charred pepper fajita (G, So)
SIDES	Vegetable egg noodles Green beans Thai cabbage (E,G,Mk,So)	Sauteed spinach & kale Steamed herby cauliflower Patatas bravas	Herb glazed carrots Charred herb broccoli Rocket & parmesan Garlic bread (G, mc So)	Wholemeal rice & peas Pak choi & Chinese cabbage Peppers & charred corn (So)	Chip shop chips Curry sauce Steamed herb carrots Garden Peas (So)
DESSERT OF THE DAY	Frosted carrot cake Selection of yoghurts, jellies, fruit pots (G,Mk,E mc So)	Sultana & honey flapjack Selection of yoghurts, jellies, fruit pots (Mlk)	Mixed berry fool Selection of yoghurts, jellies, fruit pots (Mlk)	Jamaican ginger sponge Selection of yoghurts, jellies, fruit pots (G,Mk, E, mc So)	Banana and dark chocolate bread Selection of yoghurts, jellies, fruit pots (G,Mk,E, Mc So)

WEEKLY MENU WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
SOUP	Sweet tomato & basil Homemade bread Seeds & toppings (G, mc So)	Cauliflower & herb Homemade bread Seeds & toppings (G, mc So)	Carrot & chilli Wholemeal homemade bread Seeds & toppings (G, mc So)	Pea & watercress Wholemeal homemade bread Seeds & toppings (G, mc So)	French onion Homemade bread Seeds & toppings (G, mc So)
MAINS	Hickory BBQ chicken thigh (G)	Pulled turkey jambalaya	Ultimate beef lasagna, garlic bread, rocket & parmesan (G,Mk,E, mc So)	Crispy Lebanese chicken thigh with harira sauce	Hand battered fish, tartare, lemon (G,Mk,F,E)
PASTA & JACKET	Paneer & chickpea balti Classic pomodoro Basil pesto Baked beans cheddar cheese (G,Mk)	Flaked trout Putanesca Classic pomodoro Baked potato or sweet potato Baked beans cheddar cheese (G,Mk, F)	BBQ chicken Classic pomodoro Baked potato or sweet potato Baked beans cheddar cheese (G,Mk)	Beef chilli Classic pomodoro Baked potato or sweet potato Baked beans cheddar cheese (G,Mk)	Creamy pesto Classic pomodoro cheddar cheese Baked beans (G,Mk)
PLANT BASED	Boston bean burger with a vegan brioche bun (G,)	Crispy tofu folded naan flatbread, spicy mayo, cheese, rocket (So, G)	Ultimate eat curious lasagna, garlic bread, rocket & parmesan (G,E, mc So)	Moroccan vegetable & bean tagine	Handmade vegan sausage roll (G,)
SIDES	Chive butter new potatoes Broccoli Green beans Kansas slaw	Roast vegetable quinoa Sautéed courgette & peppers Paprika roast corn cobs	Roasted med vegetables Charred herb cauliflower Rocket & parmesan Garlic bread (G,Mk, mc So)	Spiced vegetable couscous 5 spice carrots Salads & pickles (G, Su)	Mushy peas Garden peas Baked beans Chunky chips
DESSERT OF THE DAY	Mango mousse pots Selection of yoghurts, jellies, fruit pots (Mk)	Orange & polenta cake Selection of yoghurts, jellies, fruit pots (G,Mk,E)	Dorset apple cake Selection of yoghurts, jellies, fruit pots (G,Mk,E)	Passionfruit rice pudding Selection of yoghurts, jellies, fruit pots (Mk)	Warm Cookie bar Selection of yoghurts, jellies, fruit pots (G,Mk, mc So)