



# RED AREA WEEK 1 MENU

WEEKS: 21/04, 05/05, 19/05, 09/06, 23/06, 07/07, 21/07, 08/09, 22/09, 06/10, 20/10

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

THE  
MAIN EVENT

Gourmet American Style  
Hot dog with Toppings  
Served with Baked Cajun  
Wedges and Boston  
Beans

Homemade Beef Lasagne  
served with Garlic &  
Herb Bread, Seasonal  
Vegetables or Mixed  
Salad

Chicken & Peppers in  
Black Beans Sauce  
served Noodles or Egg  
Fried Rice & Stir fried  
Vegetables

Roast Chicken  
served with Roast  
Potatoes, Carrots,  
Broccoli, Yorkshire  
Pudding and Gravy

Battered Fish Fillet  
Served with Chips,  
Garden Peas or Beans

MEAT FREE

Gourmet American Style  
Vegan Hot dog with  
Toppings Served with  
Baked Cajun Wedges  
and Boston Beans

Homemade Vegetarian  
Lasagne Served with  
Garlic & Herb Bread,  
Seasonal Vegetables or  
Mixed Salad

Sweet & Sour  
Vegetables served  
Noodles or Egg Fried  
Rice & Stir fried  
Vegetables

Cauliflower & Broccoli  
Cheese served with  
Roast Potatoes, Carrots,  
Cabbage, Yorkshire  
Pudding and Gravy

Vegan Quorn Sausage  
Served with Chips,  
Garden Peas  
or Baked Beans



Jacket Potato with a  
selection of topping  
Served with Fresh  
Salad

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selection of topping  
Served with Fresh  
Salad

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selection of topping  
Served with Fresh  
Salad

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selection of topping  
Served with Fresh  
Salad

Jacket Potato with a  
selection of topping  
Served with Fresh  
Salad

DELI DEAL

Selection of Delicious  
Filled Breads,  
Healthy Salads, Poke  
Bowls and Pasta Pots

Selection of Delicious  
Filled Breads,  
Healthy Salads, Poke  
Bowls and Pasta Pots

Selection of Delicious  
Filled Breads,  
Healthy Salads, Poke  
Bowls and Pasta Pots

Selection of Delicious  
Filled Breads,  
Healthy Salads, Poke  
Bowls and Pasta Pots

Selection of Delicious  
Filled Breads,  
Healthy Salads, Poke  
Bowls and Pasta Pots



Choose One of Our  
Fabulous Desserts  
Chocolate Brownie  
Fruit Yogurt & Coulis  
Fresh Fruit Pot

Choose One of Our  
Fabulous Desserts  
Toffee Apple crumble  
Fruit Yogurt & Coulis  
Fresh Fruit Pot

Choose One of Our  
Fabulous Desserts  
Victoria Sponge  
Fruit Yogurt & Coulis  
Fresh Fruit Pot

Choose One Dessert  
Fabulous Desserts  
Pineapple Cake  
Fruit Yogurt & Coulis  
Fresh Fruit Pot

Choose One of Our  
Fabulous Desserts  
Jam Tart  
Fruit Yogurt & Coulis  
Fresh Fruit Pot



# RED AREA WEEK 2 MENU

WEEKS: 28/04, 12/05, 02/06, 16/06, 30/06, 14/07, 01/09, 15/09, 29/09, 13/10

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### THE MAIN EVENT

Baked Chilli Beef Enchiladas  
Served with Mexican Vegetable Rice

Swedish Meatballs  
Served With Mashed Potato, Seasonal Vegetables & Creamy Mashed Potato

Marinated Jerk Chicken Thighs  
Served with Rice & Beans

Roast Pork Lion served with Roast Potatoes, Carrots, Broccoli, Stuffing and Gravy

Battered Fish Fillet  
Served with Chips, Garden Peas or Beans

### MEAT FREE

Vegan Chilli con Carne  
Served with Mexican Vegetable Rice & Sour Cream

Meat Free Meatballs  
Served With Mashed Potato, Seasonal Vegetables & Creamy Mashed Potato

Jerk Vegetable & Bean Stew  
Served with Braised Rice

Quorn Fillet served with Roast Potatoes, Carrots, Cabbage, Yorkshire Pudding and Gravy

Vegetable Nuggets served with Chips, Garden Peas or Baked Beans

### JACKET station

Jacket Potato with a selection of topping  
Served with Fresh Salad

Jacket Potato with a selection of topping  
Served with Fresh Salad

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Served with Fresh Salad

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Served with Fresh Salad

Jacket Potato with a selection of topping  
Served with Fresh Salad

### DELI DEAL

Selection of Delicious Filled Breads, Healthy Salads, Poke Bowls and Pasta Pots

Selection of Delicious Filled Breads, Healthy Salads, Poke Bowls and Pasta Pots

Selection of Delicious Filled Breads, Healthy Salads, Poke Bowls and Pasta Pots

Selection of Delicious Filled Breads, Healthy Salads, Poke Bowls and Pasta Pots

Selection of Delicious Filled Breads, Healthy Salads, Poke Bowls and Pasta Pots



Choose One of Our Fabulous Desserts  
Peach & Vanilla Sponge  
Fruit Yogurt & Coulis  
Fresh Fruit Pot

Choose One of Our Fabulous Desserts  
Apple & Berry Crumble  
Fruit Yogurt & Coulis  
Fresh Fruit Pot

Choose One of Our Fabulous Desserts  
Carrot Cake  
Fruit Yogurt & Coulis  
Fresh Fruit Pot

Choose One Dessert Fabulous Desserts  
Lemon Drizzle Cake  
Fruit Yogurt & Coulis  
Fresh Fruit Pot

Choose One of Our Fabulous Desserts  
Toffee Crem Tart  
Fruit Yogurt & Coulis  
Fresh Fruit Pot