

# THIS WEEK'S Eats

Week One



	option one	option two	Everyday faves!					
			Jackets	Pizza & Pasta	Hot Snacks	Subs	Salad	Sarnies
MON	<b>American</b> Beef Burger or the Incredible Vegan Burger  with Tasty Wedges and Coleslaw	<b>Mexican</b> Mexican Spiced Chicken Flatbread and Tomato Rice  with Crunchy Raw Slaw	<b>Cheese Baked Beans Tuna Tuna mayo</b>	<b>Margherita Mixed peppers Tuna &amp; sweetcorn Spiced Chicken</b>	<b>Chicken wrap Chicken BBQ Drumsticks Salsa Nachos Waffles Herb Tomato Pasta</b>	<b>Vege Ball Marinara Sub Cheese and Onion Sub Chicken Tikka Sub Chicken &amp; Cheese Melt Sub</b>	<b>Cheese Salad pot Chicken Tikka Salad Pot Tuna Salad Pot</b>	<b>Cheese Sandwich Ham Sandwich Chicken and Bacon Sandwich</b>
TUE	<b>Chinese</b> Sweet & Sour Chicken with Rice or Vege Chow Mein  with Sweet Chilli Broccoli	<b>Italian</b> Traditional Lasagne with Garlic Bread or Vege Ball Marinara Sub Roll  with Garlic and Herb Wedges and Coleslaw	<b>Cheese Baked Beans Tuna Tuna mayo</b>	<b>Margherita Mixed peppers Tuna &amp; sweetcorn Spiced Chicken</b>	<b>Chicken wrap Chicken BBQ Wings Salsa Nachos Waffles Herb Tomato Pasta</b>	<b>Vege Ball Marinara Sub Cheese and Onion Sub Chicken Tikka Sub Chicken &amp; Cheese Melt Sub</b>	<b>Cheese Salad pot Chicken Tikka Salad Pot Tuna Salad Pot</b>	<b>Cheese Sandwich Ham Sandwich Chicken and Bacon Sandwich</b>
WED	<b>British</b> Sausage and Mash Potato Seasonal Veg and Gravy	<b>Mexican</b> Beef Barbecoa Burrito  with Sweetcorn	<b>Cheese Baked Beans Tuna Tuna mayo</b>	<b>Margherita Mixed peppers Tuna &amp; sweetcorn Spiced Chicken</b>	<b>Chicken wrap Chicken BBQ Drumsticks Salsa Nachos Waffles Herb Tomato Pasta</b>	<b>Vege Ball Marinara Sub Cheese and Onion Sub Chicken Tikka Sub Chicken &amp; Cheese Melt Sub</b>	<b>Cheese Salad pot Chicken Tikka Salad Pot Tuna Salad Pot</b>	<b>Cheese Sandwich Ham Sandwich Chicken and Bacon Sandwich</b>
THUR	<b>Indian</b> Chicken Korma and Rice or Vege Biryani  with Lime Spiced Sweetcorn	<b>Chinese</b> Sweet Chilli Chicken Noodles  with Stir Fried Veg	<b>Cheese Baked Beans Tuna Tuna mayo</b>	<b>Margherita Mixed peppers Tuna &amp; sweetcorn Spiced Chicken</b>	<b>Chicken wrap Chicken BBQ Wings Salsa Nachos Veggie Samosa Herb Tomato Pasta Waffles</b>	<b>Vege Ball Marinara Sub Cheese and Onion Sub Chicken Tikka Sub Chicken &amp; Cheese Melt Sub</b>	<b>Cheese Salad pot Chicken Tikka Salad Pot Tuna Salad Pot</b>	<b>Cheese Sandwich Ham Sandwich Chicken and Bacon Sandwich</b>
FRI	<b>British</b> Battered Fish or Breaded Chicken Strips with Chips, Peas and Baked Beans or Dirty Fries with Coleslaw	<b>Italian</b> BBQ Chicken Mac N Cheese  with Broccoli	<b>Cheese Baked Beans Tuna Tuna mayo</b>	<b>Margherita Mixed peppers Tuna &amp; sweetcorn Spiced Chicken</b>	<b>Chicken wrap Chicken BBQ Drumsticks Salsa Nachos Waffles Spiced wedges</b>	<b>Vege Ball Marinara Sub Cheese and Onion Sub Chicken Tikka Sub Chicken &amp; Cheese Melt Sub</b>	<b>Cheese Salad pot Chicken Tikka Salad Pot Tuna Salad Pot</b>	<b>Cheese Sandwich Ham Sandwich Chicken and Bacon Sandwich</b>

# THIS WEEK'S Eats

Week Two



	option one	option two	Everyday faves!					
			Jackets	Pizza & Pasta	Hot Snacks	Subs	Salad	Sarnies
MON	<b>American</b> Topped Mac N Cheese  with Sweetcorn	<b>Mexican</b> Chipotle Chicken Taco  with Mexican Rice and Sweetcorn	<b>Cheese Baked Beans Tuna Tuna mayo</b>	<b>Margherita Mixed peppers Tuna &amp; sweetcorn Spiced Chicken</b>	<b>Chicken wrap Chicken BBQ Drumsticks Salsa Nachos Waffles Herb Tomato Pasta</b>	<b>Vege Ball Marinara Sub Cheese and Onion Sub Chicken Tikka Sub Chicken &amp; Cheese Melt Sub</b>	<b>Cheese Salad pot Chicken Tikka Salad Pot Tuna Salad Pot</b>	<b>Cheese Sandwich Ham Sandwich Chicken and Bacon Sandwich</b>
TUE	<b>Italian</b> Traditional Lasagne with Garlic Bread or Vege Ball Marinara Sub Roll  with Garlic and Herb Wedges and Coleslaw	<b>Chinese</b> Sweet Chilli Chicken Noodles  with Stir Fried Veg	<b>Cheese Baked Beans Tuna Tuna mayo</b>	<b>Margherita Mixed peppers Tuna &amp; sweetcorn Spiced Chicken</b>	<b>Chicken wrap Chicken BBQ Wings Salsa Nachos Waffles Herb Tomato Pasta</b>	<b>Vege Ball Marinara Sub Cheese and Onion Sub Chicken Tikka Sub Chicken &amp; Cheese Melt Sub</b>	<b>Cheese Salad pot Chicken Tikka Salad Pot Tuna Salad Pot</b>	<b>Cheese Sandwich Ham Sandwich Chicken and Bacon Sandwich</b>
WED	<b>British</b> Cheese and Potato Pie with Seasonal Veg and Gravy Or Baked Beans	<b>American</b> Beef Burger  with Delicious Garlic and Herb Potato Wedges and Coleslaw	<b>Cheese Baked Beans Tuna Tuna mayo</b>	<b>Margherita Mixed peppers Tuna &amp; sweetcorn Spiced Chicken</b>	<b>Chicken wrap Chicken BBQ Drumsticks Salsa Nachos Waffles Herb Tomato Pasta</b>	<b>Vege Ball Marinara Sub Cheese and Onion Sub Chicken Tikka Sub Chicken &amp; Cheese Melt Sub</b>	<b>Cheese Salad pot Chicken Tikka Salad Pot Tuna Salad Pot</b>	<b>Cheese Sandwich Ham Sandwich Chicken and Bacon Sandwich</b>
THUR	<b>Peruvian</b> Chicken Burger or Pitta with Portuguese Sauces  Or The Incredible Vegan Burger with Fajita Wedges and Corn Slaw	<b>Indian</b> Chicken Tikka Masala with Cucumber Raita And Rice	<b>Cheese Baked Beans Tuna Tuna mayo</b>	<b>Margherita Mixed peppers Tuna &amp; sweetcorn Spiced Chicken</b>	<b>Chicken wrap Chicken BBQ Wings Salsa Nachos Veggie Samosa Herb Tomato Pasta Waffles</b>	<b>Vege Ball Marinara Sub Cheese and Onion Sub Chicken Tikka Sub Chicken &amp; Cheese Melt Sub</b>	<b>Cheese Salad pot Chicken Tikka Salad Pot Tuna Salad Pot</b>	<b>Cheese Sandwich Ham Sandwich Chicken and Bacon Sandwich</b>
FRI	<b>British</b> Battered Fish or Breaded Chicken Strips or Vegan Sausage Roll with Chips,  Baked Beans and Peas	<b>Mexican</b> Chicken Burrito  with Broccoli	<b>Cheese Baked Beans Tuna Tuna mayo</b>	<b>Margherita Mixed peppers Tuna &amp; sweetcorn Spiced Chicken</b>	<b>Chicken wrap Chicken BBQ Drumsticks Salsa Nachos Waffles Spiced wedges</b>	<b>Vege Ball Marinara Sub Cheese and Onion Sub Chicken Tikka Sub Chicken &amp; Cheese Melt Sub</b>	<b>Cheese Salad pot Chicken Tikka Salad Pot Tuna Salad Pot</b>	<b>Cheese Sandwich Ham Sandwich Chicken and Bacon Sandwich</b>

# THIS WEEK'S Eats Week



	option one	option two	Three Everyday faves!					
			Jackets	Pizza & Pasta	Hot Snacks	Panini	Salad	Sarnies
MON	<b>Mexican</b> Beef Burrito or Quorn Burrito with Sweetcorn	<b>American</b> Topped Mac N Cheese with Sweetcorn	<b>Cheese Baked Beans Tuna Tuna mayo</b>	<b>Margherita Mixed peppers Tuna &amp; sweetcorn Spiced Chicken</b>	<b>Chicken wrap Chicken BBQ Drumsticks Salsa Nachos Waffles Herb Tomato Pasta</b>	<b>Vege Ball Marinara Sub Cheese and Onion Sub Chicken Tikka Sub Chicken &amp; Cheese Melt Sub</b>	<b>Cheese Salad pot Chicken Tikka Salad Pot Tuna Salad Pot</b>	<b>Cheese Sandwich Ham Sandwich Chicken and Bacon Sandwich</b>
TUE	<b>Peruvian</b> Chicken Burger or Pitta with Portuguese Sauces Or The Incredible Vegan Burger with Chipotle Wedges and Corn Slaw	<b>Chinese</b> Chicken Chow Mein with Stir Fried Veg	<b>Cheese Baked Beans Tuna Tuna mayo</b>	<b>Margherita Mixed peppers Tuna &amp; sweetcorn Spiced Chicken</b>	<b>Chicken wrap Chicken BBQ Wings Salsa Nachos Waffles Herb Tomato Pasta</b>	<b>Vege Ball Marinara Sub Cheese and Onion Sub Chicken Tikka Sub Chicken &amp; Cheese Melt Sub</b>	<b>Cheese Salad pot Chicken Tikka Salad Pot Tuna Salad Pot</b>	<b>Cheese Sandwich Ham Sandwich Chicken and Bacon Sandwich</b>
WED	<b>British</b> Sausage and Mash Potato Seasonal Veg and Gravy	<b>American</b> New York Hot Dog with Paprika Wedges and Apple Slaw	<b>Cheese Baked Beans Tuna Tuna mayo</b>	<b>Margherita Mixed peppers Tuna &amp; sweetcorn Spiced Chicken</b>	<b>Chicken wrap Chicken BBQ Drumsticks Salsa Nachos Waffles Herb Tomato Pasta</b>	<b>Vege Ball Marinara Sub Cheese and Onion Sub Chicken Tikka Sub Chicken &amp; Cheese Melt Sub</b>	<b>Cheese Salad pot Chicken Tikka Salad Pot Tuna Salad Pot</b>	<b>Cheese Sandwich Ham Sandwich Chicken and Bacon Sandwich</b>
THUR	<b>Indian</b> Chicken Korma and Rice or Vege Biryani with Lime Spiced Sweetcorn	<b>Italian</b> Traditional Lasagne with Garlic Bread and Lemon Garlic Broccoli	<b>Cheese Baked Beans Tuna Tuna mayo</b>	<b>Margherita Mixed peppers Tuna &amp; sweetcorn Spiced Chicken</b>	<b>Chicken wrap Chicken BBQ Wings Salsa Nachos Veggie Samosa Herb Tomato Pasta Waffles</b>	<b>Vege Ball Marinara Sub Cheese and Onion Sub Chicken Tikka Sub Chicken &amp; Cheese Melt Sub</b>	<b>Cheese Salad pot Chicken Tikka Salad Pot Tuna Salad Pot</b>	<b>Cheese Sandwich Ham Sandwich Chicken and Bacon Sandwich</b>
FRI	<b>British</b> Battered Fish or Breaded Chicken Strips with Chips, Peas and Baked Beans or Dirty Fries with Coleslaw	<b>Mexican</b> Chicken Club Quesadilla with Lime and Coriander Rice and Corn Slaw	<b>Cheese Baked Beans Tuna Tuna mayo</b>	<b>Margherita Mixed peppers Tuna &amp; sweetcorn Spiced Chicken</b>	<b>Chicken wrap Chicken BBQ Drumsticks Salsa Nachos Waffles Spiced wedges</b>	<b>Vege Ball Marinara Sub Cheese and Onion Sub Chicken Tikka Sub Chicken &amp; Cheese Melt Sub</b>	<b>Cheese Salad pot Chicken Tikka Salad Pot Tuna Salad Pot</b>	<b>Cheese Sandwich Ham Sandwich Chicken and Bacon Sandwich</b>

# THIS WEEK'S Eats



## The Salad Bar should consist of the following items daily

### Single Item or simple undressed salads

### Composite Salads

A minimum of 6 served daily

A minimum of 2 served daily

Lettuce  
Tomatoes  
Cucumber  
Carrot  
Peppers  
Sweetcorn  
Beetroot  
Red Onion  
Olives  
Cherry Tomato  
Pineapple

Coleslaw  
Pasta Salad  
Potato Salad  
Rice Salad  
Cous Cous Salad  
Red Slaw  
Crunchy Raw Slaw  
Apple Slaw  
Pineapple Slaw  
Tomato, Red onion and Green Lentil Salad  
Spicy Rice and Bean Salad  
Turkish Brown Rice and Pear Salad  
Bulghar Wheat and Cauliflower Salad

### A Selection Of Salad Dressing Available Daily

French Dressing  
Caesar Dressing  
Honey and Mustard Dressing

### Recommended Disposables

Small Salad Box  
VMC - G07045  
Large Salad Box  
VMC - G06664

### Protein Topper

Lemon Roasted Chicken Thigh

### Boxed Salads

Chicken and Bacon Pasta Salad  
Tuna and Sweetcorn Pasta Salad

# THIS WEEK'S Eats



	Monday	Tuesday	Wednesday	Thursday	Friday
Bakery Must Cook			Oat Cookie Chocolate Brownie Fruit Flapjack Iced Bun Jam Doughnut		
Additional options			Shortbread Individual Victoria Sponge Carrot Cake Orange Drizzle Muffin Blueberry Muffin Lemon Drizzle Muffin Apple Muffin Raspberry Flapjack Muffin Chocolate Crispy Bar		

# THIS WEEK'S Eats



Cold Fruit Based Desserts	Warm Fruit Based Desserts	Sauce	Cold Desserts		Warm Desserts
Fruit Based Desserts to be served a minimum of twice per week	Fruit Based Desserts to be served a minimum of twice per week		Without restrictions or minimum requirements)		Without restrictions or minimum requirements
<p>Chocolate Slice</p> <p>Summer Pudding</p> <p>Banoffee Pie</p> <p>Fruit Slice</p> <p>Peaches with Homemade granola &amp; Yoghurt</p> <p>Banana Oat Bite</p> <p>Apple &amp; Carrot Muffin</p>	<p>Apple Cracknell served with Custard</p> <p>Banana and Berry Cobbler served with Custard</p> <p>Peach Shortcake Crumble served with Custard</p> <p>Pear Upside Down Cake served with Custard</p> <p>Summer Berry &amp; Peach Oaty Crumble served with Custard</p>	Custard	<p>Vanilla Ice Cream</p> <p>Chocolate Ice Cream</p> <p>Strawberry Ice Cream</p> <p>Raspberry Ripple</p> <p>Blueberry Frozen Yoghurt</p> <p>Mango Frozen Yoghurt</p> <p>Strawberry Frozen Yoghurt</p>	<p>Secret Brownie</p> <p>Carrot &amp; Banana Slice</p> <p>Vanilla and Blueberry Blondie</p> <p>Raspberry Yoghurt Cake</p> <p>Rice and Berry Conde with Jelly</p> <p>Peach Slice</p>	<p>Strawberries &amp; Creamy Rice Pudding</p> <p>Lemon Drizzle Cake</p> <p>Banana Marble Cake</p> <p>Strawberry Swirl Sponge</p>