



Food For Thought MENU

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

week 1	FISH FINGERS GLAMORGAN SAUSAGE - HERBY POTATOES	CHICKEN TIKKA SWEET POTATO & CHICKPEA CURRY - RICE & NAAN BREAD	BEEF BOLOGNAISE QUORN BOLOGNAISE - PASTA & GARLIC BREAD	ROAST CHICKEN & STUFFING NUTLESS ROAST - GRAVY & ROAST POTATOES	CHICKEN GOUJONS & CHIPS FISH & CHIPS
	CHEESE BURGER WITH BACON VEGGIE BURGER - HERBY POTATOES	CHICKEN MEATBALLS VEGGIE MEATBALLS - SPAGHETTI & DOUGH BALLS	CHILLI CON CARNE BOATS STUFFED PEPPERS - MIXED SALAD & COLESLAW	ROAST BEEF & YORKSHIRE PUDDING WITH ROAST POTATOES & GRAVY CHEESE & POTATO PIE	SAUSAGE & CHIPS FISH & CHIPS
week 3	MAC 'N' CHEESE VEGGIE QUESADILLAS	CHICKEN KORMA QUORN KATSU CURRY - RICE & NAAN BREAD	LASAGNE QUORN LASAGNE - GARLIC BREAD	ROAST CHICKEN & STUFFING MUSHROOM & STILTON WELLINGTON - GRAVY & ROAST POTATOES	CHICKEN GOUJONS & CHIPS FISH & CHIPS
week 4	PASTA, PEAS & BACON VEGGIE PASTA BAKE	MINCED BEEF PIE VEGETABLE LATTICE SLICE - SEASONAL POTATOES	SPICY CHICKEN WINGS BEAN & PEPPER BURRITO - ONION RINGS, BBQ BEANS, WEDGES	ROAST BEEF & YORKSHIRE PUDDING CAULIFLOWER & BROCOLLI CHEESE - ROAST POTATOES & GRAVY	SAUSAGE & CHIPS FISH & CHIPS

All served daily with salad or seasonal vegetables or beans

PLEASE ASK FOR ALLERGEN INFORMATION



Daily vegetarian option:
Jacket potato with various fillings Pasta and veg sauce Grab and Go Counter