



WEEK 1

Served week: 2nd–5th Jan/22nd–26th Jan

*Vegetarian options available daily *All vegetables are locally sourced where possible *Vegetables or side salad are served with each main meal * Bakes have low sugar and salt content

V-vegetarian VE-vegan G-gluten D-dairy E-egg L-lupin/legumes C-celery F-fish S-soy M-mustard

SERVED MONDAY-THURSDAY

Pasta with Tomato Sauce Penne Pasta **VE/G** with Protein rich red sauce **VE/L**

Whole-wheat pasta, tomato, lentil, carrot, garlic, onion, basil, cinnamon, olive oil, salt, pepper, oregano

Pasta with Beef Bolognese Penne Pasta **VE/G** with Beef bolognese sauce **L**

Whole-wheat pasta, minced beef, tomato, carrot, onion, lentil, cinnamon, garlic, basil, olive oil, salt, pepper, Parsley, Oregano, bay leaf

Jacket potatoes (Gluten free) **VE** Pre-order at first break for lunch break

with a choice of topping Baked beans **VE/L** Cheddar cheese **V/D** Sweetcorn **VE** Chicken mayo **E/S/M** Tuna mayo **F/E/M/S** BBQ chicken **S/M** Beef Bolognese

MONDAY

Veg Hot Meal – Nut free pesto pasta **V/G/D**

Whole-wheat pasta, basil, garlic, parmesan, olive oil, low fat cheddar cheese, salt, pepper

Non-Veg Hot Meal – Roast chicken in gravy **G**

Chicken breast, chicken stock, flour, seasoning

• **Roast potatoes** **VE**

Potato, seasoning, olive oil

• **Both served with carrots and cauliflower** **VE**

TUESDAY

Veg Hot Meal – Vegetable Paella **VE/L**

Paella rice, vegetable stock, chickpea, green beans, canned tomato, onion, mixed capsicum, smoked paprika, lemon juice, garlic, olive oil, parsley

Non-Veg Hot Meal- Beef noodles **G/E/L/S**

Egg noodle, beef strips, rice noodles, cabbage, mixed capsicum, green beans, carrot, onion, garlic, ginger, soy sauce, oyster sauce, olive oil

• **Both served with green beans** **VE/L** **carrots** **VE**

WEDNESDAY

Veg Hot Meal – Butter paneer & vegetable **V/L**

Paneer, carrot, pea, ginger onion, garlic, coriander, cumin garam masala, turmeric, tomato, natural yogurt, low fat butter

Non-Veg Hot Meal – Butter chicken **D**

Chicken breast, ginger onion, garlic, coriander, cumin garam masala, turmeric, tomato, natural yogurt, low fat butter

• **Both served with rice & broccoli** **VE**

THURSDAY

Veg Hot Meal – Margarita pizza **V/G/D/L**

Flour, yeast, sugar, olive oil, salt, low fat cheese, onion, garlic, tomato, tomato paste, carrot, lentil, oregano, basil

• **Skin on wedges** **VE**

Potato, olive oil, salt, pepper

• **Garden peas** **VE/L** and sweetcorn **VE**

Non-Veg Hot Meal – Meatball & cheese sub **G/D/L**

Minced beef, onion, tomato, lentil, carrot, garlic, onion, basil, cinnamon, olive oil, salt, pepper, oregano, low fat cheese, baguette

• **Served with crunchy salad in dressing** **VE**

FRIDAY

Veg Hot Meal – Teriyaki tofu bao buns **VE/G/S**

Bao bun, tofu, teriyaki sauce, ginger, garlic, shredded carrot, shredded cabbage, coriander

Non-Veg Hot Meal – Teriyaki chicken bao buns **G/S**

Bao bun, chicken breast, teriyaki sauce, ginger, garlic, shredded carrot, shredded cabbage, coriander



WEEK 2

Served week: 8th-12th Jan / 29th Jan-2nd Feb

*Vegetarian options available daily *All vegetables are locally sourced where possible *Vegetables or side salad are served with each main meal *Bakes have low sugar and salt content

V-vegetarian VE-vegan G-gluten D-dairy E-egg L-lupin/legumes C-celery F-fish S-soy M-mustard

SERVED MONDAY-THURSDAY

Pasta with Tomato Sauce Penne Pasta **VE/G** with Protein rich red sauce **VE/L**

Whole-wheat pasta, tomato, lentil, carrot, garlic, onion, basil, cinnamon, olive oil, salt, pepper, oregano

Pasta with Beef Bolognese Penne Pasta **VE/G** with Beef bolognese sauce **L**

Whole-wheat pasta, minced beef, tomato, carrot, onion, garlic, basil, lentil, cinnamon, olive oil, salt, pepper, Parsley, Oregano, bay leaf

Jacket potatoes (Gluten free) **VE** Pre-order at first break for lunch break

with a choice of topping Baked beans **VE/L** Cheddar cheese **V/D** Sweetcorn **VE** Chicken mayo **E/S/M** Tuna mayo **F/E/M/S** BBQ chicken **S/M** Beef Bolognese

MONDAY

Veg Hot Meal – Macaroni twist **V/G/D/M**

Penne pasta, cauliflower, vegetable stock, onion, low fat cheese, low fat milk, mustard, garlic, salt, pepper

Non-Veg Hot Meal – Jerk chicken **G/S**

Chicken breast, lime juice, garlic, thyme, all spice, cinnamon, soy sauce, soft brown sugar, paprika, olive oil

• **Jamaican rice & beans** **V/L**

Rice, vegetable stock, red kidney beans, low fat coconut milk, onion, paprika

• **Both served with carrots & broccoli** **VE**

TUESDAY

Veg Hot Meal – Sweet & sour tofu **VE/S/M**

Tofu, onion, mixed capsicum, pineapple, soy sauce, corn starch, brown sugar, ginger, garlic, olive oil, apple cider vinegar

• **Rice** **VE**

Non-Veg Hot Meal – Mexican beef chili **L**

Lean minced beef, tomato, kidney bean, carrot, lentil, onion celery, garlic, cumin, coriander, paprika, olive oil, salt, pepper

• **Rice and corn crackers** **VE**

WEDNESDAY

Veg Hot Meal – Butternut tikka masala **V/D**

Butternut, mixed roost vegetable, garlic, olive oil, salt, pepper, masala powder, onion, ginger, tomato paste, garlic, natural yogurt

Non-Veg Hot Meal – Chicken tikka masala **D**

Chicken breast, garlic, olive oil, salt, pepper, masala powder, onion, ginger, tomato paste, garlic, natural yogurt

• **Both served with rice, broccoli and cauliflower** **VE**

THURSDAY

Veg Hot Meal – Cheesy garlic fingers **V/G/D**

Flour, yeast, sugar, olive oil, salt, low fat cheese, onion, garlic, oregano, basil

Non-Veg Hot Meal – Breaded chicken breast burger with marinara sauce **G/L/E**

Chicken breast, egg, breadcrumbs, tomato, lentil, carrot, garlic, onion, basil, cinnamon, olive oil, salt, pepper, oregano

• **Both served with fresh wedges, sweetcorn** **VE**
Peas **VE/L**

Potato, olive oil, oregano, salt pepper, sweetcorn, garden peas

FRIDAY

Veg Hot Meal – Margarita pizza fingers **V/G/D/L**

Flour, yeast, sugar, salt, olive oil, low fat cheese, onion, garlic, tomato, tomato paste, carrot, lentil, oregano, basil

Non-Veg Hot Meal – BBQ chicken pizza fingers **G/D/L/M/S**

Chicken, barbeque sauce, flour, salt, yeast, sugar, olive oil, cheese, onion, garlic, tomato, tomato paste, carrot, lentil, oregano, basil



WEEK 3

Served week: 15th–19th Jan/5th–9th Feb

*Vegetarian options available daily *All vegetables are locally sourced where possible *Vegetables or side salad are served with each main meal * Bakes have low sugar and salt content

V-vegetarian VE-vegan G-gluten D-dairy E-egg L-lupin/legumes C-celery F-fish S-soy M-mustard

SERVED MONDAY-THURSDAY

Pasta with Tomato Sauce Penne Pasta **VE/G** with Protein rich red sauce **VE/L**

Whole-wheat pasta, tomato, lentil, carrot, garlic, onion, basil, cinnamon, olive oil, salt, pepper, oregano

Pasta with Beef Bolognese Penne Pasta **VE/G** with Beef bolognese sauce **L**

Whole-wheat pasta, minced beef, tomato, carrot, onion, garlic, basil, lentil, cinnamon, olive oil, salt, pepper, Parsley, Oregano, bay leaf

Jacket potatoes (Gluten free) **VE** Pre-order at first break for lunch break

with a choice of topping Baked beans **VE/L** Cheddar cheese **V/D** Sweetcorn **VE** Chicken mayo **E/S/M** Tuna mayo **F/E/M/S** BBQ chicken **S/M** Beef Bolognese

MONDAY

Veg Hot Meal – Vegetable noodles **V/G/E/L/S**

Egg noodles, rice noodles, mixed capsicum, cabbage carrot, onion, garlic, ginger, soy sauce, olive oil

Non-Veg Hot Meal – Chicken parmigiana **G/D/L**

Chicken breast, egg, breadcrumbs, tomato, lentil, courgette, celery, carrot, garlic, onion, basil, cinnamon, olive oil, salt, pepper, oregano, low fat cheese

- Served with mash potato **V/D** carrots **VE** green beans **VE/L**

Potato, low fat milk, seasoning, carrot & green beans

TUESDAY

Veg Hot Meal – Spinach & ricotta cannelloni **V/G/D/L**

Spinach, low fat ricotta, cannelloni tubes, nutmeg, tomato, lentil, carrot, garlic, onion, basil, cinnamon, olive oil, salt, pepper, oregano, mozzarella

- Sautéed zucchini and carrots **VE**

Non-Veg Hot Meal – Chicken stroganoff **G/S/D**

Chicken breast, Worcestershire sauce, mushroom, gherkin, low fat butter, salt, pepper, beef stock, garlic, parsley, lite cooking cream

- Rice & Sautéed zucchini and carrots **VE**

WEDNESDAY

Veg Hot Meal – Popcorn cauliflower **V/G/E**

Cauliflower, egg, breadcrumbs, olive oil, seasoning

- katsu curry sauce **VE**

Ginger onion, vegetable oil, garlic, curry powder, turmeric, tomato, lite coconut milk

Non-Veg Hot Meal – Chicken katsu curry **G/E**

Chicken breast, egg, bread, ginger onion, vegetable oil, garlic, curry powder, turmeric, tomato, lite coconut milk

- Both served with rice & vegetables **VE**

THURSDAY

Veg Hot Meal - Margarita pizza **V/G/D/L**

Flour, yeast, sugar, olive oil, salt, low fat cheese, onion, garlic, tomato, tomato paste, carrot, lentil, oregano, basil

Non-Veg Hot Meal – 100% beef burger **G/M**

Lean beef mince, mustard, seasoning, bread roll

- Both served with fresh wedges, sweetcorn **VE** Peas **VE/L**

Potato, olive oil, seasoning, sweetcorn, garden peas

FRIDAY

Veg Hot Meal – Toasted vegetarian breakfast wrap **V/G/D/E**

Egg, cheese, tomato, seasoning, whole-wheat tortilla wrap

Non-Veg Hot Meal– Chicken tawook wrap **G/D**

Arabic bread, chicken breast, low fat yogurt, garlic, lemon juice, paprika, tomato paste, cinnamon, lettuce, seasoning