

MENU

MY
LUNCH
MY
WAY

WEEK 1

V = VEGETARIAN VE = VEGAN

MONDAY

MID-MORNING

TANDOORI LOADED NAAN
MARGHERITA PIZZA
PLUS OTHER DELICIOUS MORNING BREAK ITEMS

LUNCH

DRY AUBERGINE CURRY WITH COUS COUS VE
MACARONI CHEESE V
BEAN EMPANADAS WITH SPICY SWEETCORN SALAD V

DAILY TRAY BAKE SPECIAL
FRESH FRUIT AND YOGHURT
MOUSSE AND JELLY

TUESDAY

LOADED NACHOS
CINNAMON SWIRL
PLUS OTHER DELICIOUS MORNING BREAK ITEMS

SAUSAGE AND MASHED POTATOES WITH GRAVY
VEGAN SAUSAGE, MASHED POTATOES AND GRAVY VE
CRISPY CHICKPEA NOODLES VE

DAILY TRAY BAKE SPECIAL
FRESH FRUIT AND YOGHURT
MOUSSE AND JELLY

WEDNESDAY

SLOPPY GIUSEPPE
½ PANINI
PLUS OTHER DELICIOUS MORNING BREAK ITEMS

ROAST OF THE DAY WITH ROAST POTATOES, STUFFING AND GRAVY
VEGETABLE WELLINGTON WITH ROAST POTATOES, STUFFING AND GRAVY VE
TANDOORI WINGS WITH BOMBAY POTATOES AND SLAW

CINNAMON SPONGE
FRESH FRUIT AND YOGHURT

THURSDAY

HOT CHICKEN WRAP
VEGGIE BREAKFAST WRAP V
PLUS OTHER DELICIOUS MORNING BREAK ITEMS

BEEF BOLOGNESE WITH PASTA
KALE PESTO PASTA
JAMAICAN VEGGIE FRITTER WITH RICE AND PEAS V
JERK CHICKEN WITH RICE AND PEAS

DAILY TRAY BAKE SPECIAL
FRESH FRUIT AND YOGHURT
MOUSSE AND JELLY

FRIDAY

DIRTY VEGGIE WEDGES V
CHEESY NACHOS V
PLUS OTHER DELICIOUS MORNING BREAK ITEMS

FISH BAR AND CHIPS
VEGGIE NUGGETS AND CHIPS VE
HALLOUMI GRANOLA GYROS
FISH FINGER GYROS

DAILY TRAY BAKE SPECIAL
FRESH FRUIT AND YOGHURT
MOUSSE AND JELLY

FRESH VEGETABLES & FRUIT SERVED DAILY

MENU

MY
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WEEK 2

V = VEGETARIAN VE = VEGAN

MONDAY

MID-MORNING

TANDOORI LOADED NAAN
MARGHERITA PIZZA
PLUS OTHER DELICIOUS MORNING BREAK ITEMS

LUNCH

BEANY CHILLI JACKET WITH TOPPINGS V
HALLOUMI BURGER WITH SLAW V
BUTTERNUT SQUASH AND CHICKPEA TAGINE VE
TERIYAKI NOODLES VE

DAILY TRAY BAKE SPECIAL
FRESH FRUIT AND YOGHURT
MOUSSE AND JELLY

TUESDAY

LOADED NACHOS
CINNAMON SWIRL
PLUS OTHER DELICIOUS MORNING BREAK ITEMS

PIE BAR WITH MASHED POTATOES AND GRAVY
LENTIL/SHEPHERDESS PIE V
VEGGIE BURRITO V
BIRRIA PORK/CHICKEN SOFT TACO

DAILY TRAY BAKE SPECIAL
FRESH FRUIT AND YOGHURT
MOUSSE AND JELLY

WEDNESDAY

SLOPPY GIUSEPPE
½ PANINI
PLUS OTHER DELICIOUS MORNING BREAK ITEMS

ROAST OF THE DAY WITH ROAST POTATOES, STUFFING AND GRAVY
KALE AND BEAN HOTPOT WITH DUMPLINGS VE
BEST CHICKPEA BURGER WITH SWEET POTATO/ WEDGES AND SLAW V
PHILLY CHEESESTEAK WITH WEDGES AND SRIRACHA SLAW

PLUM PUDDING
FRESH FRUIT AND YOGHURT

THURSDAY

HOT CHICKEN WRAP
VEGGIE BREAKFAST WRAP V
PLUS OTHER DELICIOUS MORNING BREAK ITEMS

CHEF'S SPECIAL CHICKEN CURRY AND RICE
PASTA PRIMAVERA VE
CHICKPEA CURRY TRAYBAKE WITH RICE VE
SWEET POTATO AND VEGETABLE JALFREZI WITH RICE VE

DAILY TRAY BAKE SPECIAL
FRESH FRUIT AND YOGHURT
MOUSSE AND JELLY

FRIDAY

DIRTY VEGGIE WEDGES V
CHEESY NACHOS V
PLUS OTHER DELICIOUS MORNING BREAK ITEMS

FISH BAR AND CHIPS
VEGAN SAUSAGE ROLL WITH CHIPS VE
SPRING ROLL WITH CHIPS, SWEET CHLLI SAUCE AND SLAW VE
SALMON KATSU CURRY WITH RICE OR CHIPS AND SLAW

DAILY TRAY BAKE SPECIAL
FRESH FRUIT AND YOGHURT
MOUSSE AND JELLY

FRESH VEGETABLES & FRUIT SERVED DAILY

MENU



WEEK 3

V = VEGETARIAN VE = VEGAN

MONDAY

MID-MORNING

TANDOORI LOADED NAAN
MARGHERITA PIZZA
PLUS OTHER DELICIOUS MORNING BREAK ITEMS

LUNCH

SPANISH OMELETTE V
SAMOSA WITH CURRIED RICE VE
CHICKPEA AND SPINACH CURRY WITH RICE VE

DAILY TRAY BAKE SPECIAL
FRESH FRUIT AND YOGHURT
MOUSSE AND JELLY

TUESDAY

LOADED NACHOS
CINNAMON SWIRL
PLUS OTHER DELICIOUS MORNING BREAK ITEMS

CHICKEN FILO PIE WITH MASHED POTATOES
CHICKEN LASKA WITH NOODLES OR RICE
VEGAN SAUSAGE CASSEROLE WITH MASH VE
CARBONARA PIZZA

DAILY TRAY BAKE SPECIAL
FRESH FRUIT AND YOGHURT
MOUSSE AND JELLY

WEDNESDAY

SLOPPY GIUSEPPE
½ PANINI
PLUS OTHER DELICIOUS MORNING BREAK ITEMS

ROAST OF THE DAY WITH ROAST POTATOES, STUFFING AND GRAVY
QUORN ROAST FILLET WITH ROAST POTATOES, STUFFING AND GRAVY VE
BEEF MEATBALL BAKE WITH CRISPY POTATOES

VEGAN SWEET POTATO AND GINGER CAKE VE
FRESH FRUIT AND YOGHURT

THURSDAY

HOT CHICKEN WRAP
VEGGIE BREAKFAST WRAP V
PLUS OTHER DELICIOUS MORNING BREAK ITEMS

PERI PERI CHICKEN WITH SPICY RICE AND MINTED PEAS
RED PEPPER AND BEAN BIRYANI
ROASTED VEGETABLE LASAGNE V
VEGGIE YAKI NOODLES VE

DAILY TRAY BAKE SPECIAL
FRESH FRUIT AND YOGHURT
MOUSSE AND JELLY

FRIDAY

DIRTY VEGGIE WEDGES V
CHEESY NACHOS V
PLUS OTHER DELICIOUS MORNING BREAK ITEMS

FISH BAR AND CHIPS
ONION BHAJI WRAP WITH MANGO SAUCE VE
LOADED SAUSAGE AND CHIPS WITH CURRY SAUCE

DAILY TRAY BAKE SPECIAL
FRESH FRUIT AND YOGHURT
MOUSSE AND JELLY