
















# WEEK 1 MENU

## CHOICE *One*

## CHOICE *Two*

## GRAB & GO OPTIONS

<b>MON</b>	Cauliflower Mac n Cheese 	Cauliflower Mac n Cheese 
<b>TUE</b>	<b>Sloppy Joe Burger</b>   Served With Garlic & Herb Wedges ovr <b>option available.</b>	<b>Feta and Beetroot Burger</b>  Served with Chipotle Wedges and Salad
<b>WED</b>	<b>Beef Cottage Pie</b>   Served With Vegetables & Gravy Gluten-free	<b>Vegetarian Cottage Pie</b>   Served with Vegetables and Gravy
<b>THUR</b>	<b>Chicken Shawarma Flatbread</b>   Served With Salad Gluten-free option available.	<b>Spiced Vegan Bean Wrap</b>   Served With American Slaw
<b>FRI</b>	<b>Southern Fried Chicken Goujons</b>  Served with Chips, Peas and Baked Beans	<b>Vegetable Nuggets</b>  Served With Chips, Baked beans & Peas

### WEEKLY SPECIAL

#### SALADS:

BBQ Chicken Pasta Salad  
Pesto Pasta Salad   

#### SANDWICHES/BAGUETTES:

BLT Baguette  
Chicken, Lettuce & Mayo Sandwich  
Cheese Sandwich   
Ham Sandwich  
Cheese & Tomato Baguette   
Tuna Sandwich

#### WRAPS:

Tuna Crunch Wrap   
Pepper and Houmous Wrap  

#### HOT DISHES:













Paninis  
Pasta & Sauces  
Freshly Baked Pizza  
Love Joe's Mexican Burrito

# WEEK 2 MENU

## CHOICE *One*

## CHOICE *Two*

## GRAB & GO OPTIONS

<b>MON</b>	<b>Bangers &amp; Mash</b>   Served with Gravy & Vegetables Gluten-free	<b>Vegetarian Sausage &amp; Mash</b>  Served With Gravy & Vegetables
<b>TUE</b>	<b>Chicken &amp; Veg Tikka Masala</b>   Served With Wholegrain Rice Gluten-free	<b>Roasted Cauliflower &amp; Chickpea Korma</b>  Served With Wholegrain Rice
<b>WED</b>	<b>Roast Turkey</b>  Served with Roast Potatoes, Two Vegetables and Gravy Gluten-free	<b>Cheese and Onion Pasty</b> 
<b>THUR</b>	<b>Mexican Chicken Burrito</b>   Gluten-free option available.	<b>Vegetable Burrito</b> 
<b>FRI</b>	<b>Fish and Chips</b> Served with Peas and Baked Beans	<b>The Veggie Dog</b>  Served with Peas and Baked Beans

### WEEKLY SPECIAL

#### SALADS:

Pesto Pasta Salad     
 Chicken Mayo Pasta Salad

#### SANDWICHES/BAGUETTES:

BLT Baguette  
 Chicken, Lettuce & Mayo Sandwich  
 Cheese Sandwich   
 Ham Sandwich  
 Cheese & Tomato Baguette   
 Tuna Sandwich

#### WRAPS:

Pepper and Houmous Wrap    
 Tuna Crunch Wrap 

#### HOT DISHES:












Paninis  
 Pasta & Sauces  
 Freshly Baked Pizza  
 Love Joe's Mexican Burrito

# WEEK 3 MENU

## CHOICE *One*

## CHOICE *Two*

## GRAB & GO OPTIONS

<b>MON</b>	<b>BBq Chicken Meatballs</b>   Served With Wholewheat Pasta , Pizza Pinwheel & Green Beans <b>Gluten-free option available.</b>	<b>Plant Ball Marinara Melt</b> 
<b>TUE</b>	<b>Steak Mince Pie</b>  Served with Mashed Potato, Vegetables and Gravy <b>Gluten-free option available.</b>	<b>Crispy topped Vegetable Pie</b> 
<b>WED</b>	<b>Roast Pork with Stuffing and Apple Sauceá</b> Served with Roast Potatoes, Two Vegetables and Gravy <b>Gluten-free option available.</b>	<b>Roasted Vegetable &amp; Cranberry Slice</b>  Served With Roast Potatoes & Gravy
<b>THUR</b>	<b>Spicy Chicken Pitta</b>   Served With Chipotle Potato Wedges <b>Gluten-free option available.</b>	<b>Black Eyed Bean Burger</b>  Served With Chipotle Potato Wedges
<b>FRI</b>	<b>Southern Fried Chicken Goujons</b>  Served with Chips, Peas and Baked Beans	<b>Vegetable Nuggets</b>  Served With Chips

### WEEKLY SPECIAL

#### SALADS:

Pesto Pasta Salad     
 Sweet Chilli Pasta Salad

#### SANDWICHES/BAGUETTES:

BLT Baguette  
 Chicken, Lettuce & Mayo Sandwich  
 Cheese Sandwich   
 Ham Sandwich  
 Cheese & Tomato Baguette   
 Tuna Sandwich

#### WRAPS:

Pepper and Houmous Wrap    
 Tuna Crunch Wrap 

#### HOT DISHES:

Paninis  
 Pasta & Sauces  
 Freshly Baked Pizza  
 Love Joe 's Mexican Burrito