
















WEEK 1 MENU

CHOICE *One*

CHOICE *Two*

GRAB & GO OPTIONS

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

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

MON	BBq Chicken Meatballs   Served With Wholewheat Pasta , Pizza Pinwheel & Green Beans Gluten Free option available	Plant Ball Marinara Melt 
TUE	Steak Mince Pie  Served with Mashed Potato, Vegetables and Gravy Gluten Free option available	Crispy topped Vegetable Pie 
WED	Roast Pork with Stuffing and Apple Sauceá Served with Roast Potatoes, Two Vegetables and Gravy Gluten Free option available	Roasted Vegetable & Cranberry Slice  Served With Roast Potatoes & Gravy
THUR	Spicy Chicken Pitta   Served With Chipotle Potato Wedges Gluten Free option available	Black Eyed Bean Burger  Served With Chipotle Potato Wedges
FRI	Southern Fried Chicken Goujons  Served with Chips, Peas and Baked Beans 8 7	Vegetable Nuggets  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