

MENU

MY
LUNCH
MY
WAY

WEEK 1

V = VEGETARIAN VE = VEGAN

MONDAY

BREAKFAST

POWERBALLS V

SAVOURY BREAKFAST MUFFIN

Bacon / Egg / Veg Sausage VE

YOGHURT & GRANOLA V

MID-MORNING

TANDOORI LOADED NAAN

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

POWERBALLS V

PORRIDGE BAR V

TOASTED BAGEL V

Plain / Cream Cheese or Melted Cheese

BREAKFAST HOT POT

CINNAMON SWIRL V

LOADED NACHOS

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

POWERBALLS V

PORRIDGE BAR V

SAVOURY BREAKFAST MUFFIN

Bacon / Veg sausage VE

BREAKFAST WRAP

YOGHURT & GRANOLA V

CINNAMON SWIRL V

SLOPPY GIUSEPPE

ROAST OF THE DAY WITH ROAST POTATOES, STUFFING AND GRAVY

SWEET POTATO CHANA MASALA WITH BOMBAY POTATOES VE

TANDOORI WINGS WITH BOMBAY POTATOES AND SLAW

CINNAMON SPONGE

FRESH FRUIT AND YOGHURT

THURSDAY

POWERBALLS V

PORRIDGE BAR V

TOASTED BAGEL V

Plain / Cream Cheese / Melted Cheese

BREAKFAST HOT POT

CINNAMON SWIRL V

HOT CHICKEN WRAP

BEEF LASAGNE

KALE PESTO PASTA V

JERK CHICKEN WITH RICE AND PEAS

DAILY TRAY BAKE SPECIAL

FRESH FRUIT AND YOGHURT

MOUSSE AND JELLY

FRIDAY

POWERBALLS V

PORRIDGE BAR V

SAVOURY MUFFIN

Egg / Bacon / Vegan Sausage VE

BREAKFAST HOT POT

FULL ENGLISH FRIDAY

DIRTY VEGGIE WEDGES V

FISH BAR AND CHIPS

HALLOUMI GRANOLA GYROS V

FISH FINGER GYROS

DAILY TRAY BAKE SPECIAL

FRESH FRUIT AND YOGHURT

MOUSSE AND JELLY

FRESH VEGETABLES & FRUIT SERVED DAILY

MENU

MY
LUNCH
MY
WAY

WEEK 2

V = VEGETARIAN VE = VEGAN

MONDAY

BREAKFAST

POWERBALLS **V**

SAVOURY BREAKFAST MUFFIN
Bacon / Egg / Veg Sausage **VE**

YOGHURT & GRANOLA **V**

MID-MORNING

TANDOORI LOADED NAAN

LUNCH

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

POWERBALLS **V**

PORRIDGE BAR **V**

TOASTED BAGEL **V**
Plain / Cream Cheese or Melted Cheese

BREAKFAST HOT POT

CINNAMON SWIRL **V**

LOADED NACHOS

PIE BAR WITH MASHED POTATOES AND GRAVY

VEGGIE BURRITO **V**

BIRRA PORK/CHICKEN SOFT NACHO

DAILY TRAY BAKE SPECIAL
FRESH FRUIT AND YOGHURT
MOUSSE AND JELLY

WEDNESDAY

POWERBALLS **V**

PORRIDGE BAR **V**

SAVOURY BREAKFAST MUFFIN
Bacon / Veg sausage **VE**

BREAKFAST WRAP

YOGHURT & GRANOLA **V**

CINNAMON SWIRL **V**

SLOPPY GIUSEPPE

ROAST OF THE DAY WITH ROAST POTATOES,
STUFFING AND GRAVY

KALE AND BEAN HOTPOT WITH DUMPLINGS **VE**

PHILLY CHEESESTEAK WITH WEDGES AND
SRIRACHA SLAW

PLUM PUDDING
FRESH FRUIT AND YOGHURT

THURSDAY

POWERBALLS **V**

PORRIDGE BAR **V**

TOASTED BAGEL **V**
Plain / Cream Cheese / Melted Cheese

BREAKFAST HOT POT

CINNAMON SWIRL **V**

HOT CHICKEN WRAP

CHEF'S SPECIAL CHICKEN CURRY AND RICE

PASTA PRIMAVERA **VE**

SWEET POTATO AND VEGETABLE JALFREZI
WITH RICE **VE**

DAILY TRAY BAKE SPECIAL
FRESH FRUIT AND YOGHURT
MOUSSE AND JELLY

FRIDAY

POWERBALLS **V**

PORRIDGE BAR **V**

SAVOURY MUFFIN
Egg / Bacon / Vegan Sausage **VE**

BREAKFAST HOT POT

FULL ENGLISH FRIDAY

DIRTY VEGGIE WEDGES **V**

FISH BAR AND CHIPS

VEGAN SAUSAGE ROLL AND CHIPS **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

BREAKFAST

POWERBALLS **V**

SAVOURY BREAKFAST MUFFIN

Bacon / Egg / Veg Sausage **VE**

YOGHURT & GRANOLA **V**

MID-MORNING

TANDOORI LOADED NAAN

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

POWERBALLS **V**

PORRIDGE BAR **V**

TOASTED BAGEL **V**

Plain / Cream Cheese or Melted Cheese

BREAKFAST HOT POT

CINNAMON SWIRL **V**

LOADED NACHOS

CHICKEN AND FILO PIE WITH MASHED POTATOES

VEGAN SAUSAGE CASSEROLE WITH MASHED POTATOES **VE**

CARBONARA PIZZA

DAILY TRAY BAKE SPECIAL

FRESH FRUIT AND YOGHURT

MOUSSE AND JELLY

WEDNESDAY

POWERBALLS **V**

PORRIDGE BAR **V**

SAVOURY BREAKFAST MUFFIN

Bacon / Veg sausage **VE**

BREAKFAST WRAP

YOGHURT & GRANOLA **V**

CINNAMON SWIRL **V**

SLOPPY GIUSEPPE

BEEF MEATBALL BAKE WITH CRISPY POTATOES

QUORN ROAST FILLET WITH ROAST POTATOES, STUFFING AND GRAVY **VE**

BEEF MEATBALL SUB WITH WEDGES

VEGAN SWEET POTATO AND GINGER CAKE **VE**

FRESH FRUIT AND YOGHURT

THURSDAY

POWERBALLS **V**

PORRIDGE BAR **V**

TOASTED BAGEL **V**

Plain / Cream Cheese / Melted Cheese

BREAKFAST HOT POT

CINNAMON SWIRL **V**

HOT CHICKEN WRAP

PERI PERI CHICKEN WITH SPICY RICE AND MINTED PEAS

ROASTED VEGETABLE LASAGNE **V**

VEGGIE YAKI NOODLES **VE**

DAILY TRAY BAKE SPECIAL

FRESH FRUIT AND YOGHURT

MOUSSE AND JELLY

FRIDAY

POWERBALLS **V**

PORRIDGE BAR **V**

SAVOURY MUFFIN

Egg / Bacon / Vegan Sausage **VE**

BREAKFAST HOT POT

FULL ENGLISH FRIDAY

DIRTY VEGGIE WEDGES **V**

FISH BAR AND CHIPS

LOADED VEGAN SAUSAGE AND CHIPS WITH CURRY SAUCE **VE**

LOADED SAUSAGE AND CHIPS WITH CURRY SAUCE

DAILY TRAY BAKE SPECIAL

FRESH FRUIT AND YOGHURT

MOUSSE AND JELLY

FRESH VEGETABLES & FRUIT SERVED DAILY