

# THIS WEEK'S

# Eats

Week One

Everyday faves!

	option one	Jackets	Pizza & Pasta	Hot Snacks & Paninis	Subs	Salad	Sarnies
MON	American Beef Burger or the Incredible Vegan Burger with Tasty Wedges and Sweetcorn	With cheese, beans, tuna mayonnaise or salmon mayonnaise	Margherita Pizza Herby Tomato Pasta Beef Bolognese Carbonara Pasta	Ham & Cheese Panini Ham & Cheese Toastie Cheese & Tomato Sauce Panini Tuna Melt Panini BBQ Chicken Panini	Vege Ball Marina Sub Chicken Teriyaki Sub Chicken Tikka Sub Ham & Chicken Melt Sub	Chicken & Bacon Pasta Salad or Tuna Sweetcorn Pasta Salad	Cheese Sandwich Ham Sandwich Chicken Mayo Sandwich BLT Sandwich Ham Salad Demi Baguette BLT Demi Baguette Chicken Mayo Demi Baguette
TUE	Chinese Sweet & Sour Chicken with Rice or Vege Chow Mein with Peas	With cheese, beans or tuna mayonnaise	Margherita Pizza Herby Tomato Pasta Beef Bolognese Carbonara Pasta	Ham & Cheese Panini Ham & Cheese Toastie Cheese & Tomato Sauce Panini Tuna Melt Panini BBQ Chicken Panini Steak Pasty Cheese & Onion Pasty Vegan Sausage Roll	Vege Ball Marina Sub Chicken Teriyaki Sub Chicken Tikka Sub Ham & Chicken Melt Sub	Chicken & Bacon Pasta Salad or Tuna Sweetcorn Pasta Salad	Cheese Sandwich Ham Sandwich Chicken Mayo Sandwich BLT Sandwich Ham Salad Demi Baguette BLT Demi Baguette Chicken Mayo Demi Baguette
WED	British Roast Turkey or Quorn Roast with Roast Potatoes, Peas, Sweetcorn and Gravy	With cheese, beans or tuna mayonnaise	Margherita Pizza Herby Tomato Pasta Beef Bolognese Carbonara Pasta	Ham & Cheese Panini Ham & Cheese Toastie Cheese & Tomato Sauce Panini Tuna Melt Panini BBQ Chicken Panini	Vege Ball Marina Sub Chicken Teriyaki Sub Chicken Tikka Sub Ham & Chicken Melt Sub	Chicken & Bacon Pasta Salad or Tuna Sweetcorn Pasta Salad	Cheese Sandwich Ham Sandwich Chicken Mayo Sandwich BLT Sandwich Ham Salad Demi Baguette BLT Demi Baguette Chicken Mayo Demi Baguette
THUR	Indian Chicken Korma and Rice or Vege Biryani with Sweetcorn	With cheese, beans or tuna mayonnaise	Margherita Pizza Herby Tomato Pasta Beef Bolognese Carbonara Pasta	Ham & Cheese Panini Ham & Cheese Toastie Cheese & Tomato Sauce Panini Tuna Melt Panini BBQ Chicken Panini	Vege Ball Marina Sub Chicken Teriyaki Sub Chicken Tikka Sub Ham & Chicken Melt Sub	Chicken & Bacon Pasta Salad or Tuna Sweetcorn Pasta Salad	Cheese Sandwich Ham Sandwich Chicken Mayo Sandwich BLT Sandwich Ham Salad Demi Baguette BLT Demi Baguette Chicken Mayo Demi Baguette
FRI	British Battered Fish or Breaded Chicken Strips or Vegan Sausage Roll with Chips, Peas and Baked Beans	With cheese, beans or tuna mayonnaise	Margherita Pizza Herby Tomato Pasta Beef Bolognese Carbonara Pasta	Ham & Cheese Panini Ham & Cheese Toastie Cheese & Tomato Sauce Panini Tuna Melt Panini BBQ Chicken Panini	Vege Ball Marina Sub Chicken Teriyaki Sub Chicken Tikka Sub Ham & Chicken Melt Sub	Chicken & Bacon Pasta Salad or Tuna Sweetcorn Pasta Salad	Cheese Sandwich Ham Sandwich Chicken Mayo Sandwich BLT Sandwich Ham Salad Demi Baguette BLT Demi Baguette Chicken Mayo Demi Baguette

# THIS WEEK'S

# Eats

Week Two

	option one	Everyday faves!					
		Jackets	Pizza & Pasta	Hot Snacks & Paninis	Subs	Salad	Sarnies
MON	American Mac N Cheese topped with BBQ Chicken or Crispy Cauliflower with Sweetcorn	With cheese, beans or tuna mayonnaise	Margherita Pizza Herby Tomato Pasta Beef Bolognese Carbonara Pasta	Ham & Cheese Panini Ham & Cheese Toastie Cheese & Tomato Sauce Panini Tuna Melt Panini BBQ Chicken Panini	Vege Ball Marina Sub Chicken Teriyaki Sub Chicken Tikka Sub Ham & Chicken Melt Sub	Chicken & Bacon Pasta Salad or Tuna Sweetcorn Pasta Salad	Cheese Sandwich Ham Sandwich Chicken Mayo Sandwich BLT Sandwich Ham Salad Demi Baguette BLT Demi Baguette Chicken Mayo Demi Baguette
TUE	Italian Traditional Lasagne with Garlic and Herb Wedges or Vege Ball Marinara Sub Roll with Rice Served with Peas	With cheese, beans or tuna mayonnaise	Margherita Pizza Herby Tomato Pasta Beef Bolognese Carbonara Pasta	Ham & Cheese Panini Ham & Cheese Toastie Cheese & Tomato Sauce Panini Tuna Melt Panini BBQ Chicken Panini Steak Pasty Cheese & Onion Pasty Vegan Sausage Roll	Vege Ball Marina Sub Chicken Teriyaki Sub Chicken Tikka Sub Ham & Chicken Melt Sub	Chicken & Bacon Pasta Salad or Tuna Sweetcorn Pasta Salad	Cheese Sandwich Ham Sandwich Chicken Mayo Sandwich BLT Sandwich Ham Salad Demi Baguette BLT Demi Baguette Chicken Mayo Demi Baguette
WED	British Roast Pork with Stuffing and Apple Sauce or Quorn Roast with Roast Potatoes, Peas, Sweetcorn and Gravy	With cheese, beans or tuna mayonnaise	Margherita Pizza Herby Tomato Pasta Beef Bolognese Carbonara Pasta	Ham & Cheese Panini Ham & Cheese Toastie Cheese & Tomato Sauce Panini Tuna Melt Panini BBQ Chicken Panini	Vege Ball Marina Sub Chicken Teriyaki Sub Chicken Tikka Sub Ham & Chicken Melt Sub	Chicken & Bacon Pasta Salad or Tuna Sweetcorn Pasta Salad	Cheese Sandwich Ham Sandwich Chicken Mayo Sandwich BLT Sandwich Ham Salad Demi Baguette BLT Demi Baguette Chicken Mayo Demi Baguette
THUR	Peruvian Chicken Burger or The Incredible Vegan Burger with Peruvian Sauces with Fajita Wedges and Sweetcorn	With cheese, beans or tuna mayonnaise	Margherita Pizza Herby Tomato Pasta Beef Bolognese Carbonara Pasta	Ham & Cheese Panini Ham & Cheese Toastie Cheese & Tomato Sauce Panini Tuna Melt Panini BBQ Chicken Panini	Vege Ball Marina Sub Chicken Teriyaki Sub Chicken Tikka Sub Ham & Chicken Melt Sub	Chicken & Bacon Pasta Salad or Tuna Sweetcorn Pasta Salad	Cheese Sandwich Ham Sandwich Chicken Mayo Sandwich BLT Sandwich Ham Salad Demi Baguette BLT Demi Baguette Chicken Mayo Demi Baguette
FRI	British Battered Fish or Breaded Chicken Strips or Vegan Sausage Roll with Chips, Peas and Baked Beans	With cheese, beans or tuna mayonnaise	Margherita Pizza Herby Tomato Pasta Beef Bolognese Carbonara Pasta	Ham & Cheese Panini Ham & Cheese Toastie Cheese & Tomato Sauce Panini Tuna Melt Panini BBQ Chicken Panini	Vege Ball Marina Sub Chicken Teriyaki Sub Chicken Tikka Sub Ham & Chicken Melt Sub	Chicken & Bacon Pasta Salad or Tuna Sweetcorn Pasta Salad	Cheese Sandwich Ham Sandwich Chicken Mayo Sandwich BLT Sandwich Ham Salad Demi Baguette BLT Demi Baguette Chicken Mayo Demi Baguette

# THIS WEEK'S

# Eats

Week Three

Everyday faves!

	option one	Jackets	Pizza & Pasta	Hot Snacks & Paninis	Subs	Salad	Sarnies
MON	<b>Mexican</b> Beef Burrito or Quorn Burrito with Sweetcorn	With cheese, beans or tuna mayonnaise	Margherita Pizza Herby Tomato Pasta Beef Bolognese Carbonara Pasta	Ham & Cheese Panini Ham & Cheese Toastie Cheese & Tomato Sauce Panini Tuna Melt Panini BBQ Chicken Panini	Vege Ball Marina Sub Chicken Teriyaki Sub Chicken Tikka Sub Ham & Chicken Melt Sub	Chicken & Bacon Pasta Salad or Tuna Sweetcorn Pasta Salad	Cheese Sandwich Ham Sandwich Chicken Mayo Sandwich BLT Sandwich Ham Salad Demi Baguette BLT Demi Baguette Chicken Mayo Demi Baguette
TUE	<b>Peruvian</b> Chicken Burger or The Incredible Vegan Burger with Peruvian Sauces with Fajita Wedges and Sweetcorn	With cheese, beans or tuna mayonnaise	Margherita Pizza Herby Tomato Pasta Beef Bolognese Carbonara Pasta	Ham & Cheese Panini Ham & Cheese Toastie Cheese & Tomato Sauce Panini Tuna Melt Panini BBQ Chicken Panini Steak Pasty Cheese & Onion Pasty Vegan Sausage Roll	Vege Ball Marina Sub Chicken Teriyaki Sub Chicken Tikka Sub Ham & Chicken Melt Sub	Chicken & Bacon Pasta Salad or Tuna Sweetcorn Pasta Salad	Cheese Sandwich Ham Sandwich Chicken Mayo Sandwich BLT Sandwich Ham Salad Demi Baguette BLT Demi Baguette Chicken Mayo Demi Baguette
WED	<b>British</b> Roast Gammon with Stuffing and Apple Sauce or Quorn Roast with Roast Potatoes, Peas, Sweetcorn and Gravy	With cheese, beans or tuna mayonnaise	Margherita Pizza Herby Tomato Pasta Beef Bolognese Carbonara Pasta	Ham & Cheese Panini Ham & Cheese Toastie Cheese & Tomato Sauce Panini Tuna Melt Panini BBQ Chicken Panini	Vege Ball Marina Sub Chicken Teriyaki Sub Chicken Tikka Sub Ham & Chicken Melt Sub	Chicken & Bacon Pasta Salad or Tuna Sweetcorn Pasta Salad	Cheese Sandwich Ham Sandwich Chicken Mayo Sandwich BLT Sandwich Ham Salad Demi Baguette BLT Demi Baguette Chicken Mayo Demi Baguette
THUR	<b>Indian</b> Chicken Korma and Rice or Vege Biryani with Sweetcorn	With cheese, beans or tuna mayonnaise	Margherita Pizza Herby Tomato Pasta Beef Bolognese Carbonara Pasta	Ham & Cheese Panini Ham & Cheese Toastie Cheese & Tomato Sauce Panini Tuna Melt Panini BBQ Chicken Panini	Vege Ball Marina Sub Chicken Teriyaki Sub Chicken Tikka Sub Ham & Chicken Melt Sub	Chicken & Bacon Pasta Salad or Tuna Sweetcorn Pasta Salad	Cheese Sandwich Ham Sandwich Chicken Mayo Sandwich BLT Sandwich Ham Salad Demi Baguette BLT Demi Baguette Chicken Mayo Demi Baguette
FRI	<b>British</b> Battered Fish or Breaded Chicken Strips or Vegan Sausage Roll with Chips, Peas and Baked Beans	With cheese, beans or tuna mayonnaise	Margherita Pizza Herby Tomato Pasta Beef Bolognese Carbonara Pasta	Ham & Cheese Panini Ham & Cheese Toastie Cheese & Tomato Sauce Panini Tuna Melt Panini BBQ Chicken Panini	Vege Ball Marina Sub Chicken Teriyaki Sub Chicken Tikka Sub Ham & Chicken Melt Sub	Chicken & Bacon Pasta Salad or Tuna Sweetcorn Pasta Salad	Cheese Sandwich Ham Sandwich Chicken Mayo Sandwich BLT Sandwich Ham Salad Demi Baguette BLT Demi Baguette Chicken Mayo Demi Baguette