








Lunch Menu

This Autumn / Winter Menu is available on the following weeks, date commencing: 1st Oct, 29th Oct, 19th Nov, 10th Dec, 14th Jan 2019, 4th Feb 2019






Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	 Spaghetti Bolognese with Garlic Bread	 A selection of popular Mexican dishes Such as: Spicy Chicken Burrito or Beef Enchiladas or Beef & Veggie Chilli or Chipotle Chimichanga, served with rice, tacos, wraps and sides	 Roast of The Day Turkey or Chicken with Stuffing Roast Potatoes & Gravy	 Authentic Dishes and Sides Including Vegetarian Options such as Pumpkin, Butternut Squash, Sweet Potato and Vegetable Curry	 Fish and Chips Or Marinated Spicy Chicken with Chips
	Vegetarian Main Meal Penne Pasta with Home-made Tomato & Basil Sauce and Optional Cheese Sprinkle		 Vegetable Wellington with Roast Potatoes & Gravy		 Cheese & Tomato Pizza With Chips
On the Side	choose from our selection of fresh vegetables, salad, potatoes, rice and pasta our daily menu will confirm the days offer Chips are served on Fridays				
Hot Dessert	Choose from our Daily Selection of Hot and Cold Desserts See daily menus, Cold Cabinet and Tray Bake, Cakes Selection by the Tills				
Hot Grab & Go	Choose from a daily Selection of Hot Boxes and Hot Burritos				

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Lunch Menu

This Autumn / Winter Menu is available on the following weeks, date commencing: 8th Oct, 5th Nov, 26th Nov, 17th Dec, 21st Jan 2019

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	 Traditional Beef Lasagne & Garlic Bread	 Or Haggerston Favourites Day To Include: Seasonal Specials Bonfire Night & Festive Menus Destination Spain Britain Food Hero Specials Pumpkin / Apple / Brussel Sprout Dishes & Bakes	 Marinated Roasted Chicken with a variety of sides including Garlic Bread, Onion Rings, Jacket Wedges or Herby Roasts Sweetcorn, Coleslaw	 Spicy Specials from around the world such as: Jerk Chicken, Caribbean Chicken Stew, Sweet Chilli Chicken including Vegetarian Options: Spicy Quorn with Jollof Rice, Vegetable Jambalaya	 Fish and Chips or Marinated Spicy Chicken with Chips
	Vegetarian Main Meal Roasted Vegetable Pasta Bake with garlic Bread	Stir Fried Sweet n Sour Vegetables with Rice	 Stir Fried Sweet n Sour Vegetables with Rice	 Cheese & Tomato Pizza	
On the Side	choose from our selection of fresh vegetables, salad, potatoes, rice and pasta our daily menu will confirm the days offer Chips are served on Fridays				
Hot Dessert	Choose from our Daily Selection of Hot and Cold Desserts See daily menus, Cold Cabinet and Tray Bake, Cakes Selection by the Tills				
Hot Grab & Go	Choose from a daily Selection of Hot Boxes and Hot Burritos				

Lunch Menu

This Autumn / Winter Menu is available on the following weeks, date commencing: 15th Oct, 12th Nov, 3rd Dec, 7th Jan 2019, 28th Jan 2019

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	 Tex Mex Style with Chilli Beef & Jalapeno Peppers Or Tuna & Sweetcorn Mac N Cheese Or Traditional Mac N Cheese	 Chicken Sausages With Creamy Mashed Potatoes, Onions & Gravy	 Roast Chicken with Stuffing & Gravy	 Authentic Dishes and Sides Including Chicken and Vegetarian Options with Flavours & Dishes such as Korma Jalfrezi Byriani	 Fish and Chips or Marinated Spicy Chicken with Chips
Vegetarian Main Meal	 Quorn & Kidney Bean Chilli with Rice	 Penne Pasta with 3 Cheese Sauce	 Quorn Spaghetti Bolognese & Garlic Bread		 Cheese & Tomato Pizza
On the Side	choose from our selection of fresh vegetables, salad, potatoes, rice and pasta our daily menu will confirm the days offer Chips are served on Fridays				
Hot Dessert	Choose from our Daily Selection of Hot and Cold Desserts See daily menus, Cold Cabinet and Tray Bake, Cakes Selection by the Tills				
Hot Grab & Go	Choose from a daily Selection of Hot Boxes and Hot Burritos				

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