

THE KITCHEN



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	<ul style="list-style-type: none"> • Donner kebab in pitta bread served with flavoured rice & mixed salad • Spicy cauliflower florets 	<ul style="list-style-type: none"> • Breaded chicken burger served with wedges & coleslaw • Vegetable burger 	<ul style="list-style-type: none"> • Cantonese style sweet & sour chicken served with rice & broccoli • Quorn Cantonese 	<ul style="list-style-type: none"> • Honey roasted gammon served with seasonal vegetables & gravy • Glamorgan sausages 	<ul style="list-style-type: none"> • Chip shop Friday - southern fried chicken strips or breaded fish with chips, peas, gravy or curry sauce • Vegetable spring roll
PASTA or RICE POTS with a choice of toppings and garlic bread	<ul style="list-style-type: none"> • Tomato & basil sauce • BBQ meatballs * • Grated cheese * 	<ul style="list-style-type: none"> • Tomato & basil sauce • Carbonara * • Chicken curry * • Grated cheese * 	<ul style="list-style-type: none"> • Tomato & basil sauce • Chilli * • Grated cheese * 	<ul style="list-style-type: none"> • Tomato & basil sauce • Chicken pesto* • Swedish meatballs* • Grated cheese * 	<div style="border: 2px solid white; padding: 10px; text-align: center;"> <h2 style="margin: 0;">ALLERGIES</h2> <p style="margin: 5px 0;">Please see allergen matrix or discuss with catering team for allergen information</p> </div>
PIZZA	<ul style="list-style-type: none"> • Margarita • Spicy beef 	<ul style="list-style-type: none"> • Margarita • Ham & pineapple 	<ul style="list-style-type: none"> • Margarita • Spicy beef 	<ul style="list-style-type: none"> • Margarita • Ham & pineapple 	
LOADED SPUDS	<ul style="list-style-type: none"> • Beans • Tuna mayo Or * items above 	<ul style="list-style-type: none"> • Beans • Tuna mayo Or * items above 	<ul style="list-style-type: none"> • Beans • Tuna mayo Or * items above 	<ul style="list-style-type: none"> • Beans • Tuna mayo Or * items above 	
GRAB 'N' GO	<ul style="list-style-type: none"> • Beefburger • Selection of hot paninis 	<ul style="list-style-type: none"> • Loaded nachos 	<ul style="list-style-type: none"> • Stir fried teriyaki vegetable noodles 	<ul style="list-style-type: none"> • Flavored chicken wings • Hot dogs 	
<ul style="list-style-type: none"> • Available daily: A selection of sandwiches, home baked items, and fresh fruit 					