



# SUMMER MENU

WEEK 3

MON

TUES

WED

THURS

FRI

MAIN

JERK CHICKEN  
WITH RICE & PEAS  
(CE)

CLASSIC BEEF  
LASAGNE WITH  
GARDEN SALAD  
(E, G, MK)

HOT DELI

BBQ CHICKEN  
FAJITAS WITH  
TORCHED CAJUN  
PEPPERS & SOUR  
CREAM  
(G, MK, MU)

FISH & CHIPS WITH  
FRESH MINTED  
MUSHY PEAS &  
HOMEMADE  
TARTARE SAUCE  
(E, F, G, MU, SU)

VEGGIE

VEGAN COURGETTE  
& KALE KATSU  
CURRY

SINGAPORE STYLE  
VEGGIE NOODLES  
WITH WOK FRIED  
GREENS  
(E, G, SO)

HOT DELI

VEGETABLE SAMOSA'S WITH  
LENTIL DHAL & DIPS  
(CE, G, MK, MU\*, SE\*, SO)

CHEESE & ONION  
PASTY  
(G, MK)

ALL DISHES SERVED WITH SEASONAL VEG OR CHEF SALAD

PUD

JAM & COCONUT  
SPONGE WITH  
CUSTARD  
(E, G, MK)

LEMON & ORANGE  
POLENTA CAKE  
(E, G)

APPLE & SUMMER  
BERRY CRUMBLE  
WITH VANILLA  
CUSTARD  
(G, MK)

STICKY BANANA &  
SALTED CARAMEL  
LOAF  
(E, G, MK)

AMERICAN  
PANCAKES WITH  
BERRY SAUCE  
(E, G, MK)



PASTA  
POPINA

BEEF MEATBALL  
MARINARA  
(CE, G)  
-OR-  
TOMATO & BASIL  
(CE, G)

SPICY CHICKEN  
(CE, G)  
-OR-  
ARRABIATTA  
(CE, G)

ROASTED VEG  
(G)  
-OR-  
TOMATO, OLIVE &  
CAPER  
(CE, G)

CREAMY PESTO  
(G, MK)  
-OR-  
MAC "N" CHEESE  
(G, MK)

CHEFS CHOICE

Go  
Vegan

V

ALLERGENS KEY...

CE - CELERY  
CR - CRUSTACEAN  
E - EGGS

F - FISH  
G - CEREALS CONTAINING GLUTEN  
L - LUPIN

MK - MILK  
MO - MOLLUSCS  
MU - MUSTARD

N - NUTS  
P - PEANUTS  
SE - SESAME SEEDS

SO - SOYA  
SU - SULPHUR DIOXIDE  
\* - MAY CONTAIN

MEAL  
DEAL

£2.42

Eat the  
Seasons

