



Everything  
for Everyone,  
Everyday!

# Menu

Week A

## MONDAY

Chicken Curry Bowl  
*with Rice & Mini Naan*

**VG** Sweet Potato Curry  
*with Rice & Mini Naan*

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## TUESDAY

Chicken Stir Fry Bowl  
*with Noodles & Raw Slaw*

**VG** Veggie Stir Fry Bowl  
*with Noodles & Raw Slaw*

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## WEDNESDAY

Roast Turkey & Stuffing Bap  
*with Roast Potatoes & Winter Coleslaw*

**VG** Plant Sausage & Stuffing Bap  
*with Roast Potatoes & Winter Coleslaw*



## THURSDAY

Spaghetti & Meatballs  
*with Mixed Salad & Garlic Bread*

**VG** Spaghetti & Veggieballs  
*with Mixed Salad & Garlic Bread*

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## FRIDAY

E3 Chicken Burger  
*with Fries & Salad*

**VG** Plant-based Burger  
*with Fries & Salad*

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Available Daily:  
Pasta Bar, Pizza, Wraps & Hot Carb Pots

Week Commencing:  
03/11 - 17/11 - 01/12 - 15/12 - 12/01  
26/01 - 09/02 - 02/03 - 16/03 - 30/03





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## Menu Week B

### MONDAY

Italian Bolognese Bowl  
*with Salad & Garlic Bread*

**VG** Veggie Bolognese Bowl  
*with Salad & Garlic Bread*

### TUESDAY

Sausage Pinwheel  
*with Potato Wedges & Baked Beans*

**VG** Plant Sausage Pinwheel  
*with Potato Wedges & Baked Beans*

### WEDNESDAY

Loaded Roast Ham Bap  
*with Roast Potatoes & Crudites*

**VG** Loaded Quorn Roast Bap  
*with Roast Potatoes & Crudites*



### THURSDAY

Fajita Chicken Bowl  
*with Savoury Rice & Guacamole*

**VG** Mexican Bean Bowl  
*with Savoury Rice & Guacamole*

### FRIDAY

E3 Cheeseburger  
*with Fries & Slaw*

**VG** Veggie Cheeseburger  
*with Fries & Slaw*

Available Daily:

Pasta Bar, Pizza, Wraps & Hot Carb Pots

Week Commencing:

10/11 - 24/11 - 08/12 - 05/01 - 19/01 - 02/02 -  
23/02 - 09/03 - 23/03



SOUTH WEST  
**norse**



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## Menu Week C

### MONDAY

Mac & Cheese Bowl  
*with* Garlic Bread & Salad

**VG** Roasted Vegetable Quesadilla  
*with* Potato Wedges

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### TUESDAY

Hunters Chicken Bowl  
*with* Steamed Rice, Peas & Sweetcorn

**VG** BBQ Quorn Bowl  
*with* Steamed Rice, Peas & Sweetcorn

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### WEDNESDAY

Sausages in a Yorkshire Pudding  
*with* Roast Potatoes, Seasonal Veg  
& Gravy

**VG** Plant-based Sausages  
in a Yorkshire Pudding *with*  
Roast Potatoes, Seasonal Veg  
& Gravy



### THURSDAY

Handmade Cottage Pie  
*with* Seasonal Veg

**VG** Spanish Vegetable Frittata  
*with* Crusty Bread & Salad

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### FRIDAY

E3 Breaded Chicken Wrap  
*with* Fries & Slaw

**VG** Cheesy Chickpea Burger  
*with* Fries & Slaw

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Available Daily:  
Pasta Bar, Pizza, Wraps & Hot Carb Pots

Week Commencing:  
10/11 - 24/11 - 08/12 - 05/01 - 19/01 - 02/02 -  
23/02 - 09/03 - 23/03

