

YOUR 5 - DAY MENU

18th February- 22nd February 2019

This menu is subject to change and availability

Monday

Tuesday

Wednesday

Thursday

Friday

COUNTER 1

**Carbonara sauce
Pomodoro sauce**

*Both served with a choice of
pasta & garlic bread*

COUNTER 2

Shawarma Chicken Thigh

**Roasted Shawarma
Vegetable**

Lebanese Lamb Mince
*Served on Khobez bread with
houmous, couscous, & Cumin
Cabbage*

Under 600 Cal Meals

Chicken, Leek & Mushroom
Pie Bowl
Coronation Cauliflower Bowl
Big Veggie Bowl

PIZZA COUNTER

OMELETTE COUNTER

**HOMEMADE BAGUETTES
& HOT DELI**

JACKET POTATO BAR

SOUP STATION

SALAD BAR

SNACK BAR

HOT DESSERTS

COUNTER 1

Spicy Beef Meatballs
served with Mexican Rice

**Stuffed Peppers with
cheese & tomato** *served
with Mexican Rice*

Pulled Chicken Enchilada
served with Mexican Rice

COUNTER 2

**Chicken Coq Au Vin
Onion Tarte Tatin**

Beef Bourguignon
*All Served with Lyonnaise
Potatoes & Ratatouille*

Under 600 Cal Meals

Chicken, Leek & Mushroom
Pie Bowl
Coronation Cauliflower Bowl
Big Veggie Bowl

PIZZA COUNTER

OMELETTE COUNTER

**HOMEMADE BAGUETTES
& HOT DELI**

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HOT DESSERTS

COUNTER 1

Shepherds Pie *served with
1 vegetable choice & gravy*

**Vegetarian Shepherd's
Pie** *served with 1 vegetable
choice & gravy*

Fish Pie *served with 1
vegetable choice*

COUNTER 2

**Choose from BBQ or
Basil Marinated Chicken
Breast, served with tortilla
& salad**

Under 600 Cal Meals

Chicken, Leek & Mushroom
Pie Bowl
Coronation Cauliflower Bowl
Big Veggie Bowl

PIZZA COUNTER

OMELETTE COUNTER

**HOMEMADE BAGUETTES
& HOT DELI**

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COUNTER 1

Beef Madras *served with pilau
rice*

Quorn Korma *served with
pilau rice*

Chicken Balti *served with
pilau rice*

COUNTER 2

Grilled Bacon Chop
*served with sauté potatoes &
beans*

**Eggs Benedict on Toasted
Muffin** *served with a side salad*

**Kippers served with
scrambled eggs & tomatoes
on toast**

Under 600 Cal Meals

Chicken, Leek & Mushroom
Pie Bowl
Coronation Cauliflower Bowl
Big Veggie Bowl

PIZZA COUNTER

OMELETTE COUNTER

**HOMEMADE BAGUETTES
& HOT DELI**

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HOT DESSERTS

COUNTER 1

Battered Haddock *served
with chips & peas*

Battered Sausages
served with chips & peas

Chicken & Mushroom Pie

Cheese & Onion Pie

COUNTER 2

Noshi Chicken Noodles

Noshi Vegetable Noodles
Under 600 Cal Meals

Chicken, Leek & Mushroom
Pie Bowl
Coronation Cauliflower Bowl
Big Veggie Bowl

PIZZA COUNTER

OMELETTE COUNTER

**HOMEMADE BAGUETTES
& HOT DELI**

JACKET POTATO BAR

SOUP STATION

SALAD BAR

SNACK BAR

HOT DESSERTS