

	Option	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Main Option	Pomodoro Pasta (D,G,Ce) Green Moong Dal and Rice (Mu) Chickpea Ratatouille and Couscous(G,Ce) Greens of the day	Veg Baked Pasta (D,G) Chili Paneer and Wrap (D,G) Seasonal Veg Tart (Ce,D,G) Greens of the day	Lasagne (Ce,D,G) Dum Aloo with Naan (G,D) Hakkan Noodles (G,S) Greens of the day	Spaghetti Bolognese (S,D) Veg Makhani (D) Bean Burrito (G,D) Greens of the day	Pizza & Chips (G,D) Fried Rice & Tofu (S) Green of the day
	Light Meal	Jacket Potato & Toppings Sandwich & Paninis Grab & Go Fresh Salad Bar, Bread & Fruits	Jacket Potato & Toppings Sandwich & Paninis Grab & Go Fresh Salad Bar, Bread & Fruits	Jacket Potato & Toppings Sandwich & Paninis Grab & Go Fresh Salad Bar, Bread & Fruits	Jacket Potato & Toppings Sandwich & Paninis Grab & Go Fresh Salad Bar, Bread & Fruits	Jacket Potato & Toppings Sandwich & Paninis Grab & Go Fresh Salad Bar, Bread & Fruits
	Dessert	Fruit Yoghurt (D)	Brownie (G,D)	Pear & Apple Crumble (G)	Chocolate or Strawberry Mousse (D)	Ice Cream (D)
WEEK 2	Main Option	Mac and Cheese (D,G) Toor Dal and Rice (Mu) Tacos with Mexican Rice (D) Greens of the day	Gnocchi with Bean and Kale (G) Matar Paneer with Rice (D) Veg and Sausage Pie with Gravy (Ce,S,D,G) Greens of the day	Roasted Veg Pasta (G,D) Sweat and Sour Curry with Rice (D,S) Vegetable Burger & Potato Wedges (G,D) Greens of the day	White Penne Pasta (G,D) Butternut Squash and Lentil Curry Cottage Pie (S,D) Greens of the day	Pizza & Chips (G,D) Biryani Rice & Yoghurt (D) Greens of the day
	Light Meal	Jacket Potato & Toppings Sandwich & Paninis Grab & Go Fresh Salad Bar, Bread & Fruits	Jacket Potato & Toppings Sandwich & Paninis Grab & Go Fresh Salad Bar, Bread & Fruits	Jacket Potato & Toppings Sandwich & Paninis Grab & Go Fresh Salad Bar, Bread & Fruits	Jacket Potato & Toppings Sandwich & Paninis Grab & Go Fresh Salad Bar, Bread & Fruits	Jacket Potato & Toppings Sandwich & Paninis Grab & Go Fresh Salad Bar, Bread & Fruits
	Dessert	Fruit Yoghurt (D)	Chocolate Cake (G)	Raisin Flapjack (G,D)	Lemon Chia Cake (G)	Ice Cream (D)
WEEK 3	Main Option	Spaghetti Bolognese (Ce,G,D,S) Panchmela Dhal & Rice Veg Risotto (D) Greens of the day	Red Pesto Pasta (D,G) Kadhi Pakora (D) Quesadilla with Corn on the Cob (G,D) Greens of the day	Green Pasta (G,D) Pav Bhaji (G) Winter Casserole (Ce) Greens of the day	Romesco Tricolor Pasta (G) Rajma with Rice Hot Dog and Baby Potatoes (G,D,S) Greens of the day	Pizza & Chips (G,D) Masala Kitchari Greens of the day
	Light Meal	Jacket Potato & Toppings Sandwich & Paninis Grab & Go Fresh Salad Bar, Bread & Fruits	Jacket Potato & Toppings Sandwich & Paninis Grab & Go Fresh Salad Bar, Bread & Fruits	Jacket Potato & Toppings Sandwich & Paninis Grab & Go Fresh Salad Bar, Bread & Fruits	Jacket Potato & Toppings Sandwich & Paninis Grab & Go Fresh Salad Bar, Bread & Fruits	Jacket Potato & Toppings Sandwich & Paninis Grab & Go Fresh Salad Bar, Bread & Fruits
	Dessert	Fruit Yoghurt (D)	Blondie	Rice Krispies (G,D)	Oat Cookies (G,D)	Ice cream (D)

Allergens

D - Dairy | G - Gluten | S - Soya | Su - Sulphur | Mu - Mustard | Ce - Celery

Please Note:

Salad bar, fresh breads & fruits are available every day; seasonal fruits and vegetables are used

1st Week: 2/9, 23/9, 14/10, 18/11, 9/12, 20/1, 10/2
2nd Week: 9/9, 30/9, 4/11, 25/11, 6/1, 27/1,
3rd Week: 16/9, 7/10, 11/11, 2/12, 13/1, 3/2