

SPRING MENU

WEEK 1
WEEK 2
WEEK 3

MON

TUES

WED

THURS

FRI

MAIN

BLACK BEAN
CHICKEN WITH STIR
FRIED EGG NOODLES
(CE, E, SO, G/B, W)

LEMON & HERB PIRI
PIRI CHICKEN WITH
SPICY RICE

BUTCHERS SAUSAGE
WITH MASHED
POTATO & GRAVY
(MK, SU, G/W)

BEEF & LENTIL CHILLI
CON CARNE WITH
STEAMED RICE &
CRUSHED NACHOS
(MU*, G/B*, O*, R*, W*)

FULLY LOADED BEEF
BURGER WITH FRIES
(E, MK, SO, SU, SE*,
G/W)

ROOTS & SHOOTS

BLACK BEAN WINTER
VEGETABLES WITH
STIR FRIED EGG
NOODLES
(CE, E, SO, G/B, W)

LEMON & HERB PIRI
PIRI QUORN & SPICY
RICE
(G/W)
TV

VEGGIE SAUSAGE
WITH MASHED
POTATO & GRAVY
(MK, G/W)

SMOKEY PLANT BASED
CHILLI WITH STEAMED
RICE & CRUSHED
NACHOS
(E, SO*, G/B)

MARGHERITA PIZZA
WITH CHIPS & HOUSE
SALAD
(MK, G/W)

PASTA POPINA

TOMATO & BASIL
PASTA
(G/W)
TV

CREAMY CAJUN
PASTA
(MK, MU, G/W)

TOMATO & PESTO
PASTA
(G/W)
TV

CREAMY CARBONARA
(MK, G/W)

MEDITERRANEAN
VEGETABLE PASTA
(G/W)
TV

ALL DISHES SERVED WITH SEASONAL VEG OR CHEF SALAD

PUD

JAM & COCONUT
SPONGE WITH
CUSTARD
(E, MK, SO*, G/W)

CHOCOLATE &
ORANGE MARBLE
CAKE
(E, MK, SO*, G/W)

APPLE TART WITH
CUSTARD
(MK, G/W)

PEACH & GINGER
CRUMBLE WITH
CUSTARD
(MK, G/W)

CARROT CAKE
(E, G/W, B*, O*, MK)

MEAL
DEAL

Theme
Days

