

WEEK 3

Innovate

WEEK COMMENCING

15/04/2024 06/05/2024 27/05/2024 17/06/2024 08/07/2024

CV - VEGETARIAN  
CVD - VEGAN

## CLASSIC HOT & HEARTY

### CLASSIC MAIN MEALS

### VEGETARIAN MAIN MEALS

#### MONDAY

Kung Pao Chicken, Wholegrain & White Egg Fried Rice

#### TUESDAY

Beef & Tomato Ragout with Wholegrain Pasta & House Salad

#### WEDNESDAY

Roast Shoulder of Pork, Crisp Roasties, Seasonal Vegetables & House Gravy

#### THURSDAY

Chicken Bhuna with Pilau Rice & Homemade Raita

#### FRIDAY

Chip Shop "Fryday" Fish, Pizza or Fishcake & Chips with Peas and Tartare Sauce

#### MONDAY

Sweet & Sour Vegetables with Wholegrain & White Egg Fried Rice (V)

#### TUESDAY

Plant Based Ragout with Wholegrain Pasta & House Salad (VE)

#### WEDNESDAY

Crunchy Topped Macaroni Cheese with House Salad or Seasonal Vegetables (V)

#### THURSDAY

Paneer & Chickpea Korma with Pilau Rice & Homemade Raita (V)

#### FRIDAY

Jamaican Squash Pasty with Sweet Chilli Sauce and Chunky Chips (V)



#### MONDAY

Chinese Style Vegan Noodles (VE)

#### TUESDAY

Chipotle Chicken Chimichanga

#### WEDNESDAY

Loaded Mediterranean Street Cart Wedges

#### THURSDAY

Thai Fried Rice

#### FRIDAY

Manager's Street Vibes Special

## NATURally

#### MONDAY

Fork Friendly Falafel Kebab (V)

#### TUESDAY

Smoked Tofu & Caponata Burger (V)

#### WEDNESDAY

Seeded Vegan Sausage Roll (VE)

#### THURSDAY

Onion Bhaji Skewer with Bombay Potatoes (VE)

#### FRIDAY

Manager's Special

### DESSERTS

#### MONDAY

Pineapple Upside Down Cake

#### TUESDAY

Warm Blueberry Sponge

#### WEDNESDAY

Dropped Pancake Bar

#### THURSDAY

Apple & Mixed Berry Crumble with Vanilla Sauce

#### FRIDAY

Manager's Special

Fruit & Yoghurt Pots Available Daily

## TRATTORIA



#### MONDAY

Tomato & Basil Pasta

#### TUESDAY

Creamy Pesto Pasta

#### WEDNESDAY

Mozzarella & Tomato or Pepperoni Cheese & Tomato Pizza

#### THURSDAY

Pasta in Cheese Sauce

#### FRIDAY

Mozzarella & Tomato or BBQ Chicken, Cheese & Tomato Pizza

**HOMEMADE SOUP & FRESHLY BAKED BREAD**  
Available Daily

**JACKET POTATOES**  
Topped with a Choice of: Cheese, Tuna or Beans Available Daily

Our Vegetarian and Vegan recipes are approved by the Vegetarian Society.

