

PLATED MEALS FINALISED MENU

PLATED MEAL FULL MENU CHOICE - WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Fish Fingers & Curry Sauce	Sweet Chilli Chicken	Chicken Korma	Beef Bolognese	Cajun & Tomato Chicken Burger
ALTERNATIVE CHOICE MEAL	Baked Pollock	Sweet Chilli Quorn	Chicken & Spinach Balti	Tomato & Basil Pasta Bake	Three Cheese Cappaletti in Tomato & Basil Sauce
VEGETARIAN/PLANT-BASED MEAL	Fishless Fingers	Pasta Mascapone	Plant Based Korma	Plant Based Bolognese	Plant Based Cajun Burger
CARBOHYDRATE OPTIONS	Herby Diced Potatoes	Herby Diced Potatoes Rice	Herby Diced Potatoes Rice Naan Bread	Pasta Garlic Bread	Herby Diced Potatoes
VEGETABLE OPTIONS	Peas Sweetcorn	Sweetcorn	Spiced Cauliflower Mixed Vegetables	Salad Green Beans	Mediterranean Mixed Veg Coleslaw

V = Suitable for vegetarians

V+ = Suitable for plant-based diets

Menu is to be set for one (1) term and approved by the Catering Office before implementation

PLATED MEAL FULL MENU CHOICE - WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Fish Fingers & Curry Sauce	Sausage & Yorkshire Pudding	Chicken Tikka Masala	Beef Lasagne	Hunters Chicken
ALTERNATIVE CHOICE MEAL	Baked Pollock	Pasta Neopolitan	Plant Based Spinach Balti	Macaroni Cheese	Plant Based Meatballs in Tomato & Basil Sauce
VEGETARIAN/PLANT-BASED MEAL	Fishless Fingers	Quorn Sausage	Plant Based Tikka Masala	Plant Based Lasagne	Quorn Hunters
CARBOHYDRATE OPTIONS	Herby Diced Potatoes	Mashed Potato	Herby Diced Potatoes Rice Naan Bread	Garlic Bread	Herby Diced Potatoes
VEGETABLE OPTIONS	Peas Beans	Mixed Vegetables	Spiced Cauliflower Coleslaw	Sweetcorn Coleslaw	Sweetcorn Asian Broccoli

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