

Takeaway Menu

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
A: Sandwiches Core range	Roast chicken Mature cheddar Tuna & sweetcorn with cucumber	Roast chicken Mature cheddar Tuna & sweetcorn with cucumber	Roast chicken Mature cheddar Tuna & sweetcorn with cucumber	Roast chicken Mature cheddar Tuna & sweetcorn with cucumber	Roast chicken Mature cheddar Tuna & sweetcorn with cucumber
A: Daily special	Selection of Wraps & Baguettes	Selection of Wraps & Baguettes	Selection of Wraps & Baguettes	Selection of Wraps & Baguettes	Selection of Wraps & Baguettes
A: Boxed salad One	Grilled chicken Caesar with cos, parmesan & croutons	Teriyaki chicken egg noodle salad	Tuna Niçoise	Pan Roasted Chorizo, grilled peppers & new potato	Atlantic prawn superfood salad with edamame beans & peas
A: Boxed salad Two	Falafel, red quinoa, spicy sweet potato	Pesto pasta, rocket, parmesan & tomato	"Build a Wrap Box" Onion Bhaji	Halloumi, grilled peach, rocket & lemon and mint dressing	Israeli Salad with basil mozzarella
B: Crudities or side salad pot	Carrot & pepper sticks with humus Red quinoa, spicy sweet potato Mixed Leaves	Cucumber & sugar snaps with tzatziki Teriyaki egg noodle salad Mixed Leaves	Crispy Tortilla with guacamole Green beans, olives, tomato, new potato & red chard Mixed Leaves	Carrot & Cucumber with soured cream Peppers, courgette, aubergine & new potatoes Mixed Leaves	Pitta & baba ghanoush Israeli Salad Mixed Leaves
C: Fruit, yoghurt or dessert pot	Strawberry Jelly Cantaloupe melon pot Mango yoghurt	Dark chocolate mousse Pineapple & pomegranate pot Passionfruit yoghurt	Banoffee pot Watermelon pot Granola yoghurt	Strawberry & meringue Pot Galia melon pot Blueberry yoghurt	Peach & raspberry melba pot Mandarin & Pineapple pot Strawberry yoghurt

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Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
A: Sandwiches Core range	Plain ham Egg mayonnaise Mature cheddar & spring onion	Plain ham Egg mayonnaise Mature cheddar & spring onion	Plain ham Egg mayonnaise Mature cheddar & spring onion	Plain ham Egg mayonnaise Mature cheddar & spring onion	Plain ham Egg mayonnaise Mature cheddar & spring onion
A: Daily special	Selection of Wraps & Baguettes	Selection of Wraps & Baguettes	Selection of Wraps & Baguettes	Selection of Wraps & Baguettes	Selection of Wraps & Baguettes
A: Boxed salad One	Lemon thyme chicken on Moroccan spiced bulgar wheat	Crispy bacon, boiled egg and cherry tomato salad	BBQ chicken, charred corn, coleslaw, confit tomato & sweet potato	Thai beef egg noodle salad	Miso salmon, sushi rice, edamame & green beans with pickled ginger
A: Boxed salad Two	Feta, cauliflower cous cous, pomegranate with tomato & mint salsa	Spanish tortilla with olive and onion salad	"Build a Wrap Box" Falafel	Goats cheese & beetroot salad	Tomato pasta salad with basil mozzarella
B: Crudities, side salad or protein pot	Carrot & pepper with hummus Moroccan spiced bulgur wheat Mixed Leaves	Cucumber & carrot with black pepper cream cheese Olive, onion, sun blush tomato Mixed Leaves	Pitta & sweet potato houmous Charred corn, confit tomato & sweet potato Mixed Leaves	Cucumber & carrot with guacamole Beetroot, red chard & spiced chickpea Mixed Leaves	Mange tout & pepper with tomato salsa Tomato pasta salad Mixed Leaves
C: Fruit, yoghurt or dessert pot	Clementine & ginger cheesecake Watermelon pot Granola yoghurt	Lemon & blackberry fool Pineapple & blueberries pot Mango yoghurt	Brownie & cream pot White grape pot Autumn berry yoghurt	Mango & coconut rice pudding Honeydew melon pot Raspberry yoghurt	Forest fruit & oat crumble Cantaloupe & raspberry pot Passionfruit yoghurt

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Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
A: Sandwiches Core range	Chicken & sweetcorn Plain cheddar Ham, cheese & pickle	Chicken & sweetcorn Plain cheddar Ham, cheese & pickle	Chicken & sweetcorn Plain cheddar Ham, cheese & pickle	Chicken & sweetcorn Plain cheddar Ham, cheese & pickle	Chicken & sweetcorn Plain cheddar Ham, cheese & pickle
A: Daily special	Selection of Wraps & Baguettes	Selection of Wraps & Baguettes	Selection of Wraps & Baguettes	Selection of Wraps & Baguettes	Selection of Wraps & Baguettes
A: Boxed salad One	Smoked salmon, grilled fennel & slow roasted tomato	Chicken & crispy bacon cos salad	"Build a Wrap Box" Chicken	Tuna pasta salad	Cajun chicken with tabbouleh
A: Boxed salad Two	Marinated tomato, basil mozzarella, chunky croutons & guacamole	Vietnamese spiced Tofu Egg Noodle salad	Pesto Boccacini , roast Romano pepper, bulgar wheat & edamame beans	Greek Salad	Falafel, roasted cauliflower, red onion, spinach & sun blush tomatoes
B: Crudities, side salad or protein pot	Cucumber & carrot with red pepper houmous Tomato, avocado & spinach Mixed Leaves	Crispy tortilla with baba ghanoush Vietnamese egg noodle salad Mixed Leaves	Pepper & carrot with aioli Roast Romano pepper, bulgar wheat & edamame beans Mixed Leaves	Puff pastry sticks & pesto cream cheese Olive, tomato, red onion & cucumber Mixed Leaves	Pepper & cucumber with sun blush tomato houmous Roasted cauliflower, red onion, spinach & sun blush tomatoes Mixed Leaves
C: Fruit, yoghurt or dessert pot	Lemon Posset Watermelon pot Passionfruit yoghurt	Berry mess pot Pineapple pot Raspberry yoghurt	Trifle pot Honeydew & Mandarin pot Granola yoghurt	Chocolate cheesecake pot Mixed melon pot Blueberry yoghurt	Black forest pot Cantaloupe & pomegranate pot Mango yoghurt