

WEEKLY MENU - WEEK 3

ACT 1

ACT 1

ACT 2

ACT 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
--------	---------	-----------	----------	--------

Choose 1 Main + 2 Sides + 1 Sauce or Dip

	CARIBBEAN	SOUTH AMERICAN	INDIAN	MEXICAN	ORIGINALS
MAINS Choose 1	Reggae-reggae chicken rice & peas	Beef empanadas	Chicken korma	Chilli con carne	Freshly battered hoki OR Oven baked breaded pollack Oven baked salmon nuggets
or 1 Veggie	Caribbean vegetable stew	Vegetable chilli burrito cone	Sweet potato & chickpea curry	Bean & vegetable fajita	Vegetarian sausage roll
SIDES Choose 2	Traditional jamaican rice & peas Spicy roasted sweetcorn Reggae-reggae coleslaw	Oven baked sweet potato wedges Roasted spicy half corn on the cob Mixed salad	Braised turmeric rice Oven baked naan bread Mixed salad	Plain boiled white & brown rice Spicy roasted sweetcorn Mixed salad	Oven baked chips Garden peas & carrots House salad
SAUCES & DIPS Choose 1	Light mayonnaise and salad dressing (available for all mains)				
	Reggae-reggae mayonnaise BBQ dipping sauce	Guacamole Sour cream	Mango chutney Cucumber raita	Guacamole Sour cream	Tomato ketchup Tartare sauce

	ITALIAN	CHICKEN	GRILL	ORIGINALS	ORIGINALS
MAINS Choose 1	Bolognese pasta melt	Southern baked chicken thighs	Plain hot dog	Cottage pie	Freshly battered hoki OR Oven baked breaded pollack Oven baked salmon nuggets
or 1 Veggie	Macaroni cheese	Southern baked quorn fillets	Quorn hot dog	Vegetable & bean champ cottage pie with gravy	Vegetarian sausage roll
SIDES Choose 2	Freshly made parsley & garlic bread Mixed salad Tomato & onion salad	Baked half jacket potato BBQ baked beans Mixed salad	Caramelised onion Mixed salad Coleslaw	Fresh broccoli florets Fresh sliced carrots Mixed salad	Oven baked chips Garden peas & carrots House salad
SAUCES & DIPS Choose 1	Light mayonnaise and salad dressing (available for all mains)				
	Light mayonnaise Salad dressing	Light mayonnaise BBQ dipping sauce	Light mayonnaise Tomato ketchup	Light mayonnaise Salad dressing	Tomato ketchup Tartare sauce

Salad Pick 'n' Mix

Choose a range of mains, toppings, sauces, dressings and bread

SALAD MAIN	Green salad Simple roquette salad Tomato, onion & basil salad Green bean & carrot salad	Green salad Moroccan green pepper & tomato salad Moroccan green slaw Moroccan chickpea & sweetcorn salad	Mixed salad Coleslaw Roasted sweet pepper & pasta salad Simple beetroot salad	Mixed salad Coleslaw Lightly spiced rice & pepper salad Mixed bean salad	House salad Coleslaw New potato salad New potato salad
TOPPING	Oven baked croutons, oven baked baguette croutons, baked tortilla croutons				
SAUCE	Light mayonnaise, lemon mayonnaise, garlic & herb mayonnaise				
DRESSING	Salad dressing honey, mustard & lemon dressing, sesame soy dressing, sweet chilli dipping sauce				
BREAD					

Why not add a dessert to your meal?

DESSERT	Choice of fresh red & green apples, oranges and bananas Seasonal fruit salad pot, black & green grape pot, mixed melon pot
----------------	---