WEEK COMMENCING

(V) - VEGETARIAN

06/01/2025 27/01/2025 17/02/2025 10/03/2025 31/03/2025

CLASSIC HOT & HEARTY

CLASSIC MAIN MEALS £2.80

VEGETARIAN MAIN MEALS £2.80

MONDAY

Lemon & Herb Piri Piri Chicken with Spicy Rice

TUESDAY

Classic Beef Lasagne, Garden Salad & Homemade Garlic Bread

WEDNESDAY

Honey Glazed Roast Gammon or Lemon & Thyme Roast Chicken, Crisp Roasties, Seasonal Vegetables & House Gravy

THURSDAY

Creamy Chicken Korma with Rice

FRIDAY

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

MONDAY

Piri Piri Ouorn, Macho Peas and Spicy Rice (VE)

TUESDAY

Vegetable & Mixed Bean Lasagne. Garden Salad & Homemade Garlic Bread (V)

WEDNESDAY

Roasted Squash & Feta Pie, Seasonal Vegetables or Salad (V)

THURSDAY

Crunchy Topped Macaroni Cheese, House Salad or Seasonal Vegetable (V)

FRIDAY

Crispy Onion Pakora Burger with Mango Chutney & Garden Peas (VE)

Free with the main meal or £1.55 if DESSERTS purchased individually

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Syrup Sponge with Vanilla sauce

Apple Strudel & Custard

Chocolate Sponge & Chocolate Sauce Pear & Cocoa Sponge

Fruit, Jelly & Yoghurt Pots

Fruit & Yoghurt Pots Available Daily - Price: £1.00

£1.80

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

Prices from £2.10

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









MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Buffalo Cauliflower Wings on Salt & Pepper Wedges

(VE)

Chicken Yakitori with Rice

Loaded Potato Skins

Garlic & Lemon Chicken Gyros

Prices between £2.65/£3.00



Hot Bowls Prices £2.65

MONDAY

Dhal

(VE)

Pakistani Tarka

Vegan Singapore Noodles (VE)

TUESDAY

WEDNESDAY Vegan Ramen

Bowl

(VE)

The Big Plant Burger (VE)

THURSDAY

Garlie & Chilli Noodles (VE)

FRIDAY

TRATTORIA





Pizza from £1.55, Pasta 12oz £2.20

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Tomato & Basil Pasta

Pasta in a Cheese Sauce

Mozzarella & Tomato or Pepperoni, Cheese & Tomato Pizza Tomato & Basil Pasta

Margherita Pizza

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



WEEK COMMENCING

(V) - VEGETARIAN

13/01/2025 03/02/2025 24/02/2025 17/03/2025

CLASSIC HOT & HEARTY

CLASSIC MAIN MEALS £2.80

VEGETARIAN MAIN MEALS £2.80

MONDAY

Traditional Sausage & Mash with Onion Gravy

TUESDAY

Creamy Garlic Chicken & Mushroom Pasta with Garden salad

WEDNESDAY

Hand Carved Roast British Turkey, Crisp Roasties, Seasonal Vegetables, & House Gravy

THURSDAY

Terriyaki Beef & Carrot Rice

FRIDAY

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

MONDAY

Vegan Sausage & Mash with Onion Gravv (VE)

TUESDAY

Cauliflower Cheese Pasta Bake (V)

WEDNESDAY

Cheese, Leek and Potato Pie (V)

THURSDAY

Chinese Vegetable Stir-Fry (VE)

FRIDAY

Quorn 1/4 lb Burger with Ranch Slaw, Chips & Peas (V)







MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Terriyaki Chicken Wings with Chahan Rice

Korean Fried Crispy Chicken Chipotle Chicken Chimichanga

Mei Goreng Indonesian Fried Noodles

Burger

(VE)

Prices between £2.65/£3.00



Hot Bowls Prices £2.65

MONDAY

Reggae Reggae Jackfruit Curry (VE)

TUESDAY

Vegan Singapore Noodles (VE)

WEDNESDAY

(VE)

Jerk Jackfruit The Big Plant Open Wrap

THURSDAY FRIDAY

> Garlic & Chilli Noodles (VE)

DESSERTS

Free with the main meal or £1.55 if purchased individually

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Apple Pie & Custard

Peach & Pineapple Crumble

Sticky Lemon Sponge & Custard

Baked Churros with Chocolate Sauce

Fruit, Jelly & voghurt Pots

Fruit & Yoghurt Pots Available Daily - Price £1.00

£1.80

HOMEMADE SOUP & FRESHLY BAKED BREAD Available Daily £1.80

Prices from £2.10

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

TRATTORIA 3

Pizza from £1.55, Pasta 12oz £2.20

MONDAY

Tomato & Basil

Pasta

TUESDAY

Creamy Pesto Pasta

Mozzarella & Tomato or Pepperoni,

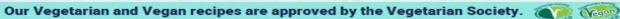
WEDNESDAY

Pasta in Cheese Sauce

THURSDAY

Margherita Pizza

FRIDAY



Cheese &

Tomato Pizza



WEEK COMMENCING

(V) - VEGETARIAN (VE) - VEGAN

20/01/2025 10/02/2025 03/03/2025 24/03/2025

CLASSIC HOT & HEARTY

CLASSIC MAIN MEALS £2.80

VEGETARIAN MAIN MEALS £2,80

MONDAY

Kung Pao Chicken, Wholegrain & White Egg Fried Rice

TUESDAY

Beef & Tomato Ragout with Wholegrain Pasta & House Salad

WEDNESDAY

Roast Shoulder of Pork or Salt & Pepper Roast Chicken, Crisp Roasties, Seasonal Vegetables & House Gravy

THURSDAY

Chicken Makhani Curry with Pilau Rice

FRIDAY

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

MONDAY

Asian Vegetable. Soya Bean & Noodle Stir Fry (VE)

TUESDAY

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

WEDNESDAY

Smashed Butternut Squash Mac and Cheese with Slaw and Garden Salad (V)

THURSDAY

Egg Plant Katsu Curry (V)

FRIDAY

Chickpea, Carrot & Sesame Burger, Asian Slaw, Chips & Peas (V)

DESSERTS Free with the main meal or £1.55 if purchased individually

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Banana Pudding and Custard Warm Blueberry Sponge Sticky Toffee Pudding with Caramel Sauce

£1.80

Apple & Mixed Berry Crumble with Vanilla Sauce Fruit, Jelly & Yoghurt Pots

Fruit & Yoghurt Pots Available Daily - Price £1.00

HOMEMADE SOUP & FRESHLY BAKED BREAD Available Daily

Prices from £2.10

JACKET POTATOES

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









FRIDAY

MONDAY

Loaded

Mediterranean

Street Cart

Wedges

TUESDAY

Rice

Chicken Yakatori with Vegetable Korean Fried Crispy Chicken

WEDNESDAY

Chinese Style Vegan Noodle (VE)

THURSDAY

Prices between £2.65/£3.00



Hot Bowls Prices £2.65 Each

MONDAY

Fork Friendly

Falafel Kebab

(V)

TUESDAY

Vegan Singapore Noodles (V) WEDNESDAY

Spiced Paneer & Red Onion Naan (V) Onion Bhaji

THURSDAY

Skewer with Bombay Potatoes (VE) Garlic & Chilli Noodles (VE)

FRIDAY

TRATTORIA 3





Pizza from £1.55, Pasta 12oz £2.20

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Tomato & Basil Pasta Creamy Pesto Pasta Mozzarella & Tomato or Pepperoni Cheese & Tomato Pizza Pasta in Cheese Sauce Margherita Pizza

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

