

LUNCH

Week 1



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Aubergine Curry (Pahi) VE A Sri Lankan-style dry vegan curry where aubergine is sautéed with aromatic spices.	Tadka Dahl with Braised Rice VE Comforting tempered yellow lentils served alongside seasoned, slow-cooked rice.	Sweet Potato Jalfrezi with Rice VE A vibrant vegan curry made with sweet potatoes & beans in a zesty Jalfrezi sauce, served with rice.	Vegan Meatballs & Spaghetti VE Hearty plant-based meatballs tossed in a classic tomato sauce and served over spaghetti.	Jerk Hot Dog with Chips VE A Caribbean-style hot dog seasoned with jerk spices and served with crispy chips.
MAIN 2	Crispy Potato Shells with Tomato Sauce VE Golden, baked potato gnocchi with tofu and served with a savoury tomato dipping sauce.	Chilli Beans & Cheese Stack A hearty, layered dish featuring spiced beans topped with melted cheese.	Shepherdess Pie VE A plant-based take on the classic cottage pie, using savoury vegetables and lentils topped with mashed potato.	Curry Club Rainbow Korma & Rice A mild, colourful vegetable & chickpea korma served with fluffy rice.	Southern Fried Nuggets & Chips VE Crispy, breaded plant-based nuggets served with a side of chips.
VEG	Green Beans VE	Sweetcorn VE	Carrots & Cabbage VE	Roasted Veg VE	Carrots & Peas or Baked Beans VE
3RD OPTION	Jacket Potato	Pasta	Jacket Potato	Pasta	Jacket Potato
DESSERT	Shortbread A classic, buttery, and crumbly baked biscuit.	Fresh Fruit Salad VE A refreshing mix of assorted fresh seasonal fruits.	Flapjack A chewy, golden-baked oat bar sweetened with syrup.	Jelly VE A light and fruity gelatin-free vegan dessert.	Ice Cream A cool and creamy vanilla treat.

AVAILABLE DAILY: A selection of fresh seasonal salads. Third option includes vegan and vegetarian items.

MENU KEY

VE Vegan and Planet Friendly

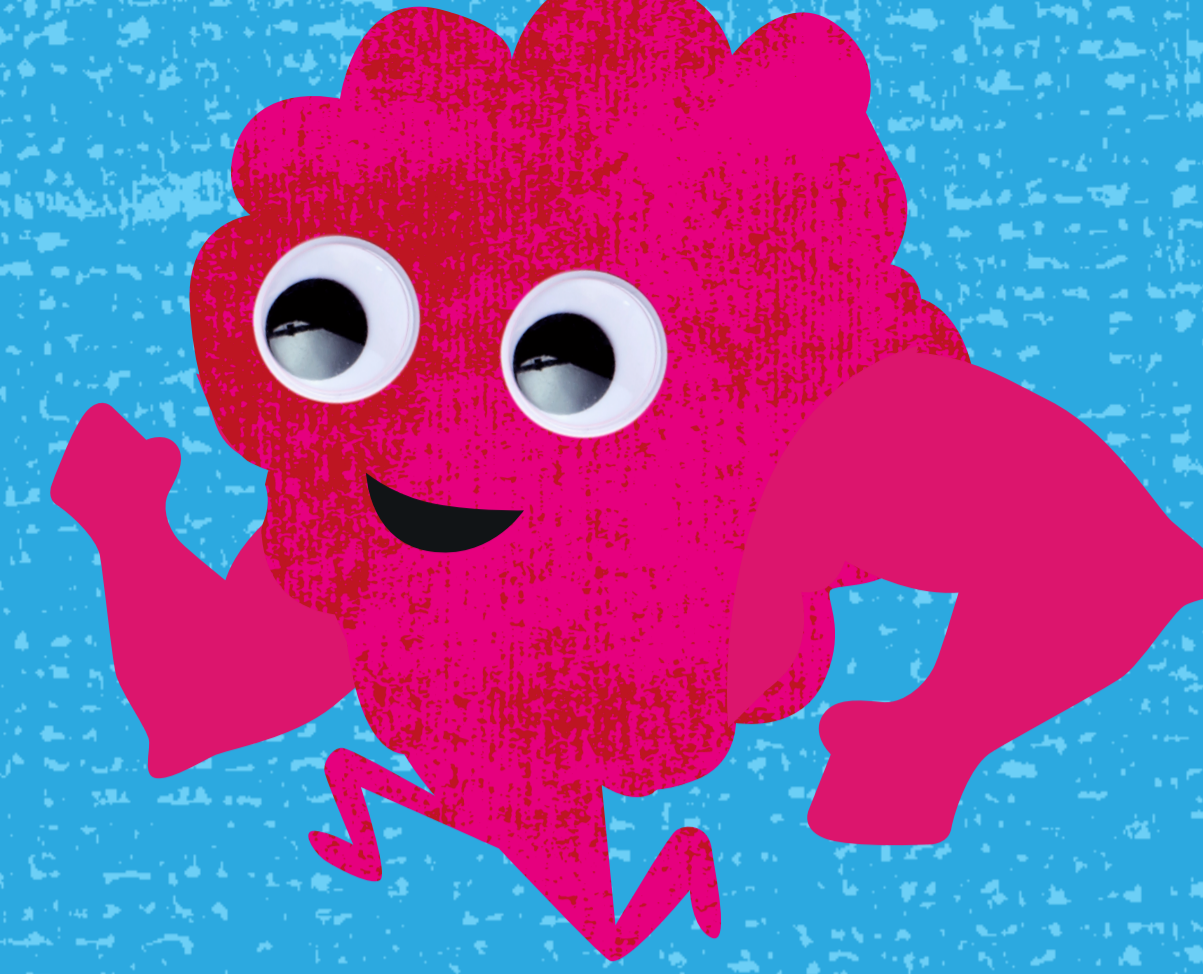
V Vegetarian

New New Dish



LUNCH

Week 2



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	<p>Butternut Mac'n'Cheese Rich macaroni and cheese enhanced with the natural sweetness of roasted butternut squash.</p>	<p>Dhansak Curry with Pilau Rice VE A traditional Parsi-style curry made with lentils and vegetables, served with fragrant pilau rice.</p>	<p>Chilli & Rice VE A hearty vegan chilli packed with beans and plant-based protein, served over rice.</p>	<p>Creamy Chickpea & Coconut Dahl & Rice VE A mild, velvety dahl infused with coconut milk and served with rice.</p>	<p>Roasted Vegetable Pizza & Wedges A stone-baked style pizza topped with roasted seasonal vegetables and served with potato wedges.</p>
MAIN 2	<p>Chickpea & Spinach Curry & Rice VE A nutrient-dense vegan curry featuring protein-rich chickpeas and fresh spinach served with rice.</p>	<p>Pad Thai Noodles VE A vegan-friendly version of the iconic Thai street food, featuring stir-fried noodles, vegetables and tempeh.</p>	<p>Roasted Vegetables Shawarma on a Flatbread Mediterranean-inspired roasted vegetables & chick peas seasoned with shawarma spices and served on a flatbread.</p>	<p>Italian Marinara Pasta VE Tender pasta tossed in a simple, herb-rich tomato marinara sauce with plant-based meatballs.</p>	<p>Massaman Curry & Rice VE A mild, fragrant Thai-style curry with tofu, potatoes and vegetables, served with rice.</p>
VEG	Sweetcorn VE	Peas VE	Fresh Roast Carrots & Swede VE	Broccoli VE	Carrots & Peas or Baked Beans VE
3 RD OPTION	Jacket Potato	Pasta	Jacket Potato	Jacket Potato	Pasta
DESSERT	<p>Chocolate Shortbread A cocoa-infused twist on the traditional crumbly shortbread biscuit.</p>	<p>Jelly VE A light and fruity gelatin-free vegan dessert.</p>	<p>Fruit Mousse A light, airy, and whipped fruit-flavored dessert.</p>	<p>Sponge A soft, moist, and fluffy baked cake.</p>	<p>Fresh Fruit A selection of whole or sliced seasonal fruits.</p>
<p>AVAILABLE DAILY: A selection of fresh seasonal salads. Third option includes vegan and vegetarian items.</p>					

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LUNCH Week 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	<p>Korean Crispy Baked Cauliflower VE</p> <p>Crunchy cauliflower florets coated in a sweet and spicy Korean-style glaze.</p>	<p>Sweet Potato Chickpea Curry & Cous Cous VE</p> <p>A hearty vegan curry served with light couscous.</p>	<p>Aloo Gobi with Rice VE</p> <p>A classic North Indian dry curry of spiced cauliflower and potatoes served with rice.</p>	<p>Teriyaki Vegetable Noodles</p> <p>Sweet and savoury Japanese style noodles with fresh vegetables.</p>	<p>Cheese & Tomato Pizza</p> <p>A classic Margherita-style pizza with rich tomato sauce and melted cheese.</p>
MAIN 2	<p>Matar Paneer with Turmeric Rice</p> <p>Soft paneer cheese cubes and green peas cooked in a spiced tomato gravy, served with turmeric rice.</p>	<p>Three Bean Chilli with Rice VE</p> <p>A protein-packed vegan chilli featuring a trio of beans, served with rice.</p>	<p>Flaky Puff Pastry Wellington ~with Roast Potatoes VE</p> <p>A savoury plant-based filling wrapped in golden puff pastry and served with roast potatoes.</p>	<p>Italian Marinara Pasta VE</p> <p>Tender pasta tossed in a simple, herb-rich tomato marinara sauce with plant-based meatballs.</p>	<p>Enchilada with Pea Guacamole VE</p> <p>A savoury Mexican-style tempeh filled wrap served with a unique, fresh pea-based guacamole.</p>
VEG	Sweetcorn VE	Roasted Cauliflower VE	Savoy Cabbage & Roasted Squash VE	Green Beans VE	Carrots & Peas or Baked Beans VE
3 RD OPTION	Jacket Potato	Pasta	Jacket Potato	Jacket Potato	Pasta
DESSERT	<p>Cornflake Cake</p> <p>A crunchy, sweet treat made from puffed rice cereal and syrup.</p>	<p>Jelly VE</p> <p>A light and fruity gelatin-free vegan dessert.</p>	<p>Jamaican Ginger Cake</p> <p>A dark, moist, and spicy cake with a distinct ginger warmth.</p>	<p>Fruit Salad VE</p> <p>A refreshing mix of assorted fresh seasonal fruits.</p>	<p>Ice Cream</p> <p>A cool and creamy vanilla treat.</p>
<p>AVAILABLE DAILY: A selection of fresh seasonal salads. Third option includes vegan and vegetarian items.</p>					

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