

POD MENU

WEEK 1
WEEK 2
WEEK 3

MON

TUES

WED

THURS

FRI

HOT & SOUR
CHICKEN STEW
WITH EGG
NOODLES & STIR
FRIED GREENS
(CE*, E, MU*, SO,
G/W)

SMOKEY BEEF &
LENTIL CHILLI CON
CARNE WITH
STEAMED RICE
(B/B*, O*, R*, W*)

ROAST OF THE
DAY WITH RUSTIC
ROAST POTATOES,
ROASTED
VEGETABLES &
GRAVY

MOROCCAN
CHICKEN
CASSEROLE WITH
ROASTED
VEGETABLE RICE

FISH & CHIPS WITH
FRESH MINTED
MUSHY PEAS &
HOMEMADE
TARTARE SAUCE
(E, F, G/W)

TOMATO &
BASIL PASTA
(CE, G/W)



CREAMY
CAJUN PASTA
(MK, MU,
G/W)

TOMATO &
PESTO PASTA
(CE, MK, G/W)

CREAMY
CARBONARA
(MK, G/W)

MEDITERRANEAN
VEGETABLE PASTA
(G/W)



**SELECTION OF SANDWICHES, BAGUETTES, WRAPS, SALAD BOXES
AND PROTEIN POTS**

JACKET POTATO WITH A SELECTION OF FILLINGS

*Why not
add*

CHEF'S TRAYBAKE **OR** FRUIT POT
To create a Meal Deal