



GRAB & GO MENU - WEEK ONE

MONDAY

SPICE TIME

GRAB & GO:

Piri Piri Chicken with Braised Rice

VEG/SIDES: Sweetcorn

5 Bean Chilli non Carne with Rice (v)

DESSERT: Fruit Layer Slice

Pasta with Tomato Sauce and Cheese (v)

TUESDAY

WORLD FOOD DAY - ITALIAN

GRAB & GO:

Meatballs in Tomato Sauce with Pasta

VEG/SIDES: Carrots

Macaroni Cheese (v)

DESSERT: St. Clements Sponge

Pasta with Nut Free Pesto (v)

WEDNESDAY

ORIGINALS

GRAB & GO:

Roast Chicken Drumstick with Seasoned Jacket Wedges

VEG/SIDES: Broccoli

Vegetable Burrito (v)

DESSERT: Raspberry and Coconut Flapjack

Pasta with Tomato Sauce and Cheese (v)

THURSDAY

STREET FOOD DAY

GRAB & GO:

Moroccan Chicken Flatbread with Spiced Cous Cous

VEG/SIDES: Peas

Falafel and Hummus Flatbread with Spiced Cous Cous (v)

DESSERT: Chocolate and Pear Cake

Pasta with Nut Free Pesto (v)

FRIDAY

FAVOURITES

GRAB & GO:

Battered Fish and Chips

VEG/SIDES: Baked Beans

Baked Bean and Cheese Puff Pastry Slice with Chips (v)

DESSERT: Fresh Fruit

Pasta with Tomato Sauce and Cheese (v)

ALLERGY INFORMATION AVAILABLE ON REQUEST.



GRAB & GO MENU - WEEK TWO

MONDAY

BURGER DAY

GRAB & GO:

Choose from:

Beef Burger, Chicken Burger or Veggie Burger (v)

All served with Jacket Wedges and Tomato Ketchup

Pasta with Tomato Sauce and Cheese (v)

VEG/SIDES: Peas

DESSERT: Oaty Carrot Cake

TUESDAY

WORLD FOOD DAY

GRAB & GO:

Spicy Beef Burrito

Herb Crusted Macaroni Cheese (v)

Pasta with Nut Free Pesto (v)

VEG/SIDES: Carrots

DESSERT: Peach Melba Crumble Slice

WEDNESDAY

ORIGINALS

GRAB & GO:

Roast Chicken Drumstick with Seasoned Jacket Wedges

Veggie Hot Dog with Seasoned Jacket Wedges (v)

Pasta with Tomato Sauce and Cheese (v)

VEG/SIDES: Broccoli

DESSERT: Chocolate Crispy Cake

THURSDAY

STREET FOOD DAY - ASIAN

GRAB & GO:

Chicken Jalfrezi with Rice

Singapore Veggie Noodles (v)

Pasta with Nut Free Pesto (v)

VEG/SIDES: Sweetcorn

DESSERT: Fresh Fruit

FRIDAY

FAVOURITES

GRAB & GO:

Fish and Chips

Vegetable Chimichanga with Chips (v)

Pasta with Tomato Sauce and Cheese (v)

VEG/SIDES: Baked Beans

DESSERT: Berry Swirl Cake



GRAB & GO MENU - WEEK THREE

MONDAY

SPICE TIME

GRAB & GO:

Slow Cooked Jerk Chicken with Rice and Peas

VEG/SIDES: Broccoli

Green Veggie Curry Noodles (v)

DESSERT: Fruit Flapjack

Pasta with Tomato Sauce and Cheese (v)

TUESDAY

WORLD FOOD DAY

GRAB & GO:

Meatballs in Gravy with Mashed Potato

VEG/SIDES: Carrots

Vegetable Paella (v)

DESSERT: Fresh Fruit

Pasta with Nut Free Pesto (v)

WEDNESDAY

ORIGINALS

GRAB & GO:

Roast Chicken Drumstick with Seasoned Jacket Wedges

VEG/SIDES: Cauliflower

Vegetable Spring Roll with Seasoned Jacket Wedges (v)

DESSERT: Tropical Fruit Sponge

Pasta with Tomato Sauce and Cheese (v)

THURSDAY

STREET FOOD DAY

GRAB & GO:

Korean Stir Fry Chicken with Rice

VEG/SIDES: Sweetcorn

Sweet Potato and Lentil Dahl with Naan (v)

DESSERT: Chocolate Shortbread

Pasta with Nut Free Pesto (v)

FRIDAY

FAVOURITES

GRAB & GO:

Fish and Chips

VEG/SIDES: Baked Beans

BBQ Vegan Sausage Dog with Chips (v)

DESSERT: Berry Crumble Slice

Pasta with Tomato Sauce and Cheese (v)

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