

SPUD STATION

RE-ENERGISE

Weekly menu Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal £1.90	Beef Bolognaise Garlic Bread Side Salad Broccoli	Chicken Korma Naan Bread Rice Sweetcorn Courgettes	Roast Pork Stuffing Roast Potatoes Cabbage Carrots	Lebanese Day	Oven Baked Cod Hot Dogs
Vegetarian Meal £1.90	Assorted Quiche New Potatoes Side Salad	Vegetarian Sausage Yorkshire Pudding Boiled Potatoes Gravy	Cauliflower and Broccoli Cheese Garlic Bread Side Salad	Lebanese Day	Homemade Pizza
Hot dessert 90p	Butterscotch Tart Cream	Lemon Drizzle Cake Lemon Sauce	Chocolate Cake with Custard or Sauce	Meringues with Cream and strawberry topping	Homemade Muffins









caterlink feeding the imagination

> SPUD STATION

Salad Ban Solad Ban Sector

	Weekly menu Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
I	Main Meal £1.90	Sausages Buttered Potatoes Cabbage Carrots Onion Gravy	Lasagne Garlic Bread Roast Courgette Side Salad	Roasted Turkey Roast Potatoes Stuffing Cabbage Cauliflower	Mexican Day	Oven Baked Cod Beef Burgers
١	√egetarian Meal £1.90	Vegetarian Lasagne Garlic Bread Side Salad	Roasted Vegetable Stuff Ciabatta Side Salad	Quorn Spaghetti Bolognaise Garlic Bread Side Salad	Mexican Day	Homemade Pizza
ŀ	Hot dessert 90p	Strawberry Shortbread Ice cream	Ginger cake Custard	Fruit Slice Ice cream	Chocolate Cake Chocolate Sauce	Muffins

CHEFS





Weekly menu Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal £1.90	Chicken Tikka Masala Naan Bread Rice Courgette Green Beans	Cottage Pie Gravy Carrots Broccoli	Chicken Fajitas Jacket Wedges Sweetcorn Side Salad	Mac Cheese Day	Oven Baked Cod Chicken wings
Vegetarian Meal £1.90	Quorn Noodle Stir Fry	Stuffed Leek & Cheese Jacket Potatoes Side Salad	Vegetarian Lasagne Garlic Bread Side Salad	Mac Cheese Day	Homemade Pizza
Hot dessert 90p	Fruit Crumble & Custard	Meringue with Fruit Topping	Cheese Cake	Chocolate Brownie Ice-cream	Homemade Cupcakes

CHEFS







SPECIALS



	Weekly menu Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
-	Main Meal £1.90	Meatballs Pasta Garlic Bread Sweetcorn Green Beans	Tandoori Chicken Folded Flat Bread Side Salad Mint and Yogurt sauce	Roast Chicken Stuffing Roasted Potatoes Carrot Broccoli	Quirky Bird	Oven Baked Cod Chicken Burgers
	Vegetarian Meal £1.90	Cheese and Potato Slice Side Salad	Vegetable Curry Curried Rice Spiced Roasted Cauliflower	Quorn Chili Filled Cheese topped Jacket Potatoes Side Salad	Quirky Bird	Homemade Pizza
	Hot dessert 90p	Butterscotch Tart	Lemon Drizzle Cake	Brownie Ice Cream	Iced Vanilla Sponge	Homemade Cupcakes

CHEFS







