



# MENU

## Week 1

**MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY**

|              |                                                                 |                                                        |                                                           |                                                              |                                                              |
|--------------|-----------------------------------------------------------------|--------------------------------------------------------|-----------------------------------------------------------|--------------------------------------------------------------|--------------------------------------------------------------|
| <b>£1.75</b> | Deep Pan pepperoni pizza served with baked wedges               | American beef burger served with onion rings           | Chicken Tikka curry served with steamed rice & naan bread | Chicken Fajita wrap served with Wedges, sour cream and salsa | Battered fish served with chips and mushy peas               |
| <b>£1.75</b> | Sweet potato, chickpea & spinach curry served with steamed rice | Aubergine & courgette lasagne served with garlic bread | Mac 'N' Cheese served with garlic bread / Salad           | Mediterranean red pesto pasta served with garlic bread       | Nuggets and chips OR sausage, chips and curry sauce or gravy |

**Grab & Go Option      Grab & Go Option      Grab & Go Option      Grab & Go Option      Grab & Go Option**

**EXTRAS SERVED DAILY**

**Jacket & Beans, Cheese or Tuna      Jacket & Beans, Cheese or Tuna      Jacket & Beans, Cheese or Tuna      Jacket & Beans, Cheese or Tuna**

### Rudheath Meal Deals

Add a Bottle of Small Water & small snack to the meal **£2.30**

Please contact a catering team member for Allergen details





# MENU

## Week 2

**MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY**

**£1.75**

|                                                       |                                                               |                                                       |                                                        |                                                |
|-------------------------------------------------------|---------------------------------------------------------------|-------------------------------------------------------|--------------------------------------------------------|------------------------------------------------|
| Beef Bolognese served with penne pasta & garlic bread | Homemade Salt & Pepper Chicken burger served with house salad | Chicken Korma Curry with streamer rice and naan bread | Slow Roasted pork with creamy mash, vegetables & gravy | Battered fish served with chips and mushy peas |
|-------------------------------------------------------|---------------------------------------------------------------|-------------------------------------------------------|--------------------------------------------------------|------------------------------------------------|

**£1.75**

|                                                                |                                                            |                                             |                                                  |                                                              |
|----------------------------------------------------------------|------------------------------------------------------------|---------------------------------------------|--------------------------------------------------|--------------------------------------------------------------|
| Grilled vegetable wrap with red pepper hummus and baked wedges | Vegetable & mixed bean Enchiladas served with baked wedges | Tomato & Mascarpone pasta with garlic bread | Cheese & onion Quiche served with beans or salad | Nuggets and chips OR sausage, chips and curry sauce or gravy |
|----------------------------------------------------------------|------------------------------------------------------------|---------------------------------------------|--------------------------------------------------|--------------------------------------------------------------|

**EXTRAS SERVED DAILY**

|                                |                                |                                |                                |                                |
|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|
| <b>Grab &amp; Go Option</b>    | <b>Grab &amp; Go Option</b>    | <b>Grab &amp; Go Option</b>    | <b>Grab &amp; Go Option</b>    | <b>Grab &amp; Go Option</b>    |
| Jacket & Beans, Cheese or Tuna | Jacket & Beans, Cheese or Tuna | Jacket & Beans, Cheese or Tuna | Jacket & Beans, Cheese or Tuna | Jacket & Beans, Cheese or Tuna |

## Rudheath Meal Deals

Add a Bottle of Small Water & small snack to the meal **£2.30**  
 Please contact a catering team member for Allergen details





# MENU

## Week 3

**MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY**

**£1.75**

|                                                   |                                      |                                                  |                                                      |                                                |
|---------------------------------------------------|--------------------------------------|--------------------------------------------------|------------------------------------------------------|------------------------------------------------|
| Chicken Teriyaki Stir Fry served with egg noodles | Chicken Pasta bake with garlic bread | Piri Piri Chicken Taco with spicy rice and salsa | Slow Cooked Beef Stroganoff served with steamed rice | Battered fish served with chips and mushy peas |
|---------------------------------------------------|--------------------------------------|--------------------------------------------------|------------------------------------------------------|------------------------------------------------|

**£1.75**

|                                              |                                               |                                                                       |                     |                                                              |
|----------------------------------------------|-----------------------------------------------|-----------------------------------------------------------------------|---------------------|--------------------------------------------------------------|
| Vegetable Omelette served with salad / Beans | Quorn burger served with tikka slaw and salad | Vegetable Teriyaki stir fry served with egg noodles and a spring roll | Vegetable Jambalaya | Nuggets and chips OR sausage, chips and curry sauce or gravy |
|----------------------------------------------|-----------------------------------------------|-----------------------------------------------------------------------|---------------------|--------------------------------------------------------------|

**EXTRAS SERVED DAILY**

|                                |                                |                                |                                |                             |
|--------------------------------|--------------------------------|--------------------------------|--------------------------------|-----------------------------|
| <b>Grab &amp; Go Option</b>    | <b>Grab &amp; Go Option</b>    | <b>Grab &amp; Go Option</b>    | <b>Grab &amp; Go Option</b>    | <b>Grab &amp; Go Option</b> |
| Jacket & Beans, Cheese or Tuna | Jacket & Beans, Cheese or Tuna | Jacket & Beans, Cheese or Tuna | Jacket & Beans, Cheese or Tuna |                             |

## Rudheath Meal Deals

Add a Bottle of Small Water & small snack to the meal **£2.30**

Please contact a catering team member for Allergen details

