

# Menu Trust Menu 2022

Week: 1 –



Main course

Starchy food

Vegetables

Salad

Extra bread

Dessert

Grab & Go (Hot)

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meat</b>	Beef Bolognese	Chicken Enchillada	Roast Turkey	Chicken Tikka	Chicken Bites with Dip
<b>Fish</b>	Jacket Potato and Tuna	Jacket Potato and Prawns	Jacket Potato and Tuna	Jacket Potato and Prawns	Cod Goujons with Dip
<b>Vegetarian</b>	Quorn Bolognese(V)	Vegetable Enchillada(V)	Leek and Cheese Pastry (V)	Vegetable Tikka (V)	Mozzerella Sticks (V)
<b>Pasta Bake</b>	Tomato and Basil Pasta	Tomato and Pesto Pasta	Tomato and Basil Pasta	Tomato and Pesto Pasta	Tomato and Basil Pasta
<b>Starchy food</b>	Pasta	Hash Browns	Roast Potatoes	Rice	Chips
	Jacket Potatoes	Jacket Potatoes	Jacket Potatoes	Jacket Potatoes	Jacket Potatoes
<b>Vegetables</b>	Peas	Broccoli	Peas	Sweetcorn	Peas
	Carrots	Cauliflower	Carrots	Peas	Cauliflower
<b>Salad</b>	Mixed Salad	Mixed Salad	Mixed Salad	Mixed Salad	Mixed Salad
	Coleslaw	Potato Salad	Coleslaw	Potato Salad	Coleslaw
<b>Extra bread</b>	Petit Pain	Petit Pain	Petit Pain	Petit Pain	Petit Pain
<b>Dessert</b>	White Chocolate Cookie	Oaty Flapjack	Millionaire Shortbread	Toffee Apple Muffin	Apple Crumble and Custard
	Fresh Fruit Salad Pot Fresh Fruit Fruit Yougurt	Fresh Fruit Salad Pot Fresh Fruit Fruit Yougurt	Fresh Fruit Salad Pot Fresh Fruit Fruit Yougurt	Fresh Fruit Salad Pot Fresh Fruit Fruit Yougurt	Fresh Fruit Salad Pot Fresh Fruit Fruit Yougurt
	<b>Grab &amp; Go (Hot)</b>	Chicken Tikka Salad Wrap Bacon and Sausage in a Hot Crusty Roll	BBQ Chicken Salad Wrap Bacon and Cheese in a Hot Crusty Roll	Hot and Spicy Chicken Salad Wrap Double Bacon in a Hot Crusty Roll	Original Chicken Salad Wrap Bacon and Sausage in a Hot Crusty Roll

Eat Better Do Better

Sub 4 You	Sub 4 You	Sub 4 You	Sub 4 You	Sub 4 You
Cheese and Tomato Pizza	Cheese and Tomato Pizza	Cheese and Tomato Pizza	Cheese and Tomato Pizza	Cheese and Tomato Pizza
Rice Pot Special	Chicken Bites and Dip	Rice Pot Special	Hot Dogs	Chicken Bites and Dip
Filled Jacket Potatoes	Filled Jacket Potatoes	Filled Jacket Potatoes	Filled Jacket Potatoes	Filled Jacket Potatoes Portion of Chips
Pasta to Go	Pasta to Go	Pasta to Go	Pasta to Go	Pasta to Go
Ham and Cheese Panini	Ham and Cheese Panini	Ham and Cheese Panini	Ham and Cheese Panini	Ham and Cheese Panini
<b>Grab &amp; Go (Cold)</b>				
Sandwiches, Rolls, Baguettes, Wraps and Homemade Cakes	Sandwiches, Rolls, Baguettes, Wraps and Homemade Cakes	Sandwiches, Rolls, Baguettes, Wraps and Homemade Cakes	Sandwiches, Rolls, Baguettes, Wraps and Homemade Cakes	Sandwiches, Rolls, Baguettes, Wraps and Homemade Cakes
Pasta Salads	Pasta Salads	Pasta Salads	Pasta Salads	Pasta Salads
<b>Drinks</b>				
Fruit Juices and Waters Milkshakes Tea, Coffee and Hot Chocolate	Fruit Juices and Waters Milkshakes Tea, Coffee and Hot Chocolate	Fruit Juices and Waters Milkshakes Tea, Coffee and Hot Chocolate	Fruit Juices and Waters Milkshakes Tea, Coffee and Hot Chocolate	Fruit Juices and Waters Milkshakes Tea, Coffee and Hot Chocolate

(N) This dish contains nuts

(V) This dish is suitable for vegetarians