

The weeks this menu is available

September

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | | | | |

October

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

November

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | | | | | | |

December

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |



WEEK ONE

MONDAY

Chicken Tikka Kebab

Succulent Red Tractor chicken pieces with tasty herbs and spices



TUESDAY

Cajun Pork Casserole

Tasty pork and braised root vegetables in medium hot Cajun spices



WEDNESDAY

Lamb and Rosemary Burger

Freshly made and served with salad on a toasted, seeded bun



THURSDAY

Beef Lasagne al Forno

Lean minced beef in rich tomato sauce layered between pasta sheets, topped with creamy béchamel sauce



FRIDAY

Catch of the Day

Freshly battered pollock fillet served with chips



Mushroom, Spinach and Brie Melt

Sautéed mushrooms, wilted spinach and melted Brie served on a toasted brioche bun



Quorn Bolognese

Quorn mince with onions and basil in rich tomato sauce, served with spaghetti



Squash, Spinach and Lentil Balti

An aromatic vegetable and lentil curry served with steamed white rice



Vegetable Chow Mein

Stir fried vegetables in authentic Chinese sauce, served with noodles



Mature Cheddar and Onion Pastry Roll

Freshly baked pastry roll filled with mature Red Tractor Cheddar and sautéed onions



Basmati Rice
New Potatoes

Mashed Potato
Dough balls

Roast Potatoes
Couscous

Cheese Twist

Chunky Chips

Sweetcorn
Carrots

Broccoli

Roasted Carrots

Three Way Tomato
Salad

Mushy Peas

Banana and Hot
Custard

Fresh, Seasonal Fruit
Salad with Yoghurt

Apple and Blackberry
Crumble with Custard

Root Sponge with
Caramel Sauce

Cream and Strawberry
Scone

**IF YOU PREFER A SALAD WITH YOUR MAIN COURSE, JUST ASK.
NOTHING YOU FANCY? HOW ABOUT A JACKET POTATO WITH A FILLING
OR OUR SOUP OF THE DAY? PLEASE ASK!**

FOOD ALLERGIES & INTOLERANCE - IF YOU REQUIRE INFORMATION ON ALLERGENS OR SUFFER FROM A FOOD INTOLERANCE, PLEASE SPEAK TO A TEAM MEMBER BEFORE YOU ORDER YOUR FOOD AND DRINKS.

MIND FOOD WORLD FOOD HEALTH FOOD ASSURED FOOD

COMPASS KITCHEN

