THE POWER SQUAD
Level up your Plate!

WEEKLY MENU

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SQUAD FAVOURITES (MEAT OPTION)	MEATBALLS & CANNELLINI	CHILLI CON CARNE	ROAST CHICKEN WITH STUFFING BALLS & GRAVY	CHICKEN & SWEET BBQ	GLUTEN FREE SALMON FILLET
SQUAD FAVOURITES (VEGETARIAN OPTION)	VEGETARIAN COTTAGE PIE	PASTA BOLOGANAISE	VEGETARIAN TAGINE	MIXED BEAN BBQ CHIMICHANGA	COCONUT KORMA CURRY
SQUAD LEVEL UPS	STEAMED BROCCOLI	SWEETCORN	ROASTED CARROTS SKIN ON POTATOES	MIXED VEGETABLES & OVEN BAKED WEDGES	GARDEN PEAS & OVEN BAKED CHIPS
PASTA POWER	CAULIFLOWER CHEESE	TOMATO	CAULIFLOWER CHEESE	TOMATO	BROCCOLI
DAILY DESSERT (YOGHURT OR FRUIT ALSO AVAILABLE)	ORANGE CANDY FLOSS COOKIE APPLE & PEAR CRUMBLE + CUSTARD	RED VELVET COOKIE BLUE RASPBERRY WIBBLE WHIP POT	BEETROOT BROWNIE COOKIE SPOTTED BANANA BREAD + CUSTARD	CARROT CAKE COOKIE PINEAPPLE WIBBLE JELLY POT	BIRTHDAY CAKE COOKIE VANILLA + CINNAMON RICE PUDDING

JACKET POTATO BAR	JACKET POTATO BAR: BAKED POTATO WITH A CHOICE OF TOPPING INCLUDING BAKED BEANS, TUNA MAYO & CHEESE AVAILABLE DAILY.
DAILY SANDWICHES	SELECTION FROM CHEESE, HAM & TUNA MAYO SANDWICH OR WRAP
LESSON REWARDS (AVAILABLE DAILY)	GREENHOUSE GREENS: DAILY SELECTION OF SALADS, TOMATO, CUCUMBER & CARROT ALONG WITH FRESHLY BAKED BREAD





ALLERGIES

Please speak to a member of the team if you have an allergy, and need to know what's in our food dishes so we can advise on your available choices.

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WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SQUAD FAVOURITES (MEAT OPTION)	THAI CHICKEN CURRY	BEEF LASAGNE	HONEY ROAST GAMMON & GRAVY	CORNFLAKE CHICKEN WITH BOSTON BEANS	CHUNKY FISH FINGER BAP
SQUAD FAVOURITES (VEGETARIAN OPTION)	CHEESE & POTATO SWIRL WITH TOMATO SAUCE	BLACKEYE PEAS & BUTTERBEAN STEW	VEGETARIAN LASAGNE	MAC & CHEESE WITH CAULIFLOWER	VEGETARIAN CHILLI
SQUAD LEVEL UPS	COURGETTES	BROCCOLI RISSOLE POTATOES	ROASTED CARROTS SKIN ON POTATOES	CAULIFLOWER CHEESE WEDGES	GARDEN PEAS & OVEN CHIPS
PASTA POWER	TOMATO	MEATBALL	TOMATO	CAULIFLOWER CHEESE	TOMATO
DAILY DESSERT (YOGHURT OR FRUIT ALSO AVAILABLE)	CHOCOLATE ORANGE COOKIE PINEAPPLE SPONGE	CHERRY HOT CHOC COOKIE BANANA WIBBLE WHIP POT	CARAMeL POPCORN COOKIE STICKY TOFFEE + CUSTARD	FRUIT COCKTAIL WIBBLE JELLY + STRAWBERRY CHEESECAKE COOKIE	PLANT BROWNIES + FROZEN YOGHURT STRAWBERRY CHEESECAKE COOKIE

JACKET POTATO BAR	JACKET POTATO BAR: BAKED POTATO WITH A CHOICE OF TOPPING INCLUDING BAKED BEANS, TUNA MAYO & CHEESE AVAILABLE DAILY.
DAILY SANDWICHES	SELECTION FROM CHEESE, HAM & TUNA MAYO SANDWICH OR WRAP
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WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SQUAD FAVOURITES (MEAT OPTION)	MILD CHICKEN CURRY	SMASHED BURGER	CHICKEN + HONEY ROAST GAMMON PIE	MEATBALL SUB	GLUTEN FREE BUBBLE CRUMB POLLOCK FILLET
SQUAD FAVOURITES (VEGETARIAN OPTION)	VEGGIE BURRITO	SPICY BEAN BURGER	KEEMA	FALAFEL + SALAD PITTA	COCONUT TIKKA MASALA
SQUAD LEVEL UPS	PEPPERS, AUBERGINE + COURGETTES PARMENTIER POTATO	RED CABBAGE COLESLAW RAINBOW WEDGES	ROASTED CARROTS SKIN ON POTATOES	ROASTED VEG NEW POTATOES	GARDEN PEAS CHIPS
PASTA POWER	BACON	TOMATO	CAULIFLOWER CHEESE	TOMATO	PESTO
DAILY DESSERT (YOGHURT OR FRUIT ALSO AVAILABLE)	TOFFEE APPLE COOKIE CHERRY CRUMBLE + CUSTARD	CINNAMON BUN COOKIE PEACH WIBBLE JELLY	LEMON CHEESECAKE COOKIE BEETROOT BROWNIE + CUSTARD	STRAWBERRY CANDY FLOSS COOKIE COURGETTE CAKE	MONSTER COOKIE BANANA SPLIT

JACKET POTATO BAR	JACKET POTATO BAR: BAKED POTATO WITH A CHOICE OF TOPPING INCLUDING BAKED BEANS, TUNA MAYO & CHEESE AVAILABLE DAILY.
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