



independents  
by sodexo\*

## Week 1 Menu (College hubs)

Monday	Tuesday	Wednesday	Thursday
<b>Plant Powered Main</b>			
Chickpea and spinach curry with rice and peas	Quorn sausage with roasted onion gravy served with mashed potato and vegetable	Quesadilla, tortilla stuffed with peppers onion and mozzarella then oven baked	Spanish omelette
<b>Main</b>			
Jerk chicken with rice and peas Served with a selection of mixed roast vegetables	Braised minced beef cobbler with mashed potatoes and vegetables	Mustard glazed gammon with roast potatoes Gravy, fresh vegetables	MSC battered fish, homemade wedges mushy peas & beans, curry sauce
<b>Jacket Potato &amp; Pasta bar</b> Help yourself to the hub's daily salad bar			
<b>Sandwiches</b> Choose from White or Brown Breadcrumbs or sliced Bread Ham, Egg Mayonnaise, pastrami Tuna or Cheese Help yourself to the hub's daily salad bar			
<b>Build Your Own Salad Bar</b> Ham, Cheese, Egg Mayo, Boiled Egg, Tuna Mayo or Chicken Mayo Add Mixed Leaf Salad, Tomato, Cucumber, Peppers, Onions, Sweetcorn, Beetroot, Coleslaw, Celery, Guest Salad			
<b>Dessert</b>			
Chocolate chip cookie	Jam and coconut shortbread slice	Banana and toffee muffin	Chocolate Brownie
Whole Fruit, Apple, Orange, Pear or Banana	Fresh Cut Fruit Salad, Apple, Orange, Pear or Banana	Whole Fruit, Apple, Orange, Pear or Banana	Fresh Cut Fruit, Apple, Orange, Pear or Banana
Yogurt/crisps	Yogurt/crisps	Yoghurt/crisps	Yogurt/crisps