

WEEK 1

MONDAY

MAIN EVENT	Meatball Pasta Bake
VEGGIE CHOICE	Tomato & Roasted Pepper Pasta Bake
JACKET	Jacket Potato with Salad & Coleslaw,
ON THE SIDE	Garlic Bread

TUESDAY

MAIN EVENT	Chicken & Roasted Pepper Tacos
VEGGIE CHOICE	Butternut Squash & Pepper Tacos
JACKET	Jacket Potato with Salad & Coleslaw,
ON THE SIDE	Rice & Beans, Sweetcorn

Cowes Enterprise Menu

AVAILABLE DAILY

Fresh Sandwiches & Filled Rolls
Pasta Pot of the Day
Fruit Salad Pots
Carrot & Cucumber Sticks
Watermelon Slices
Selection of Hot & Cold Sweets
Cakes & Biscuits

Meal Deal
Any main meal with
dessert or drink
Only £2.95

WEDNESDAY

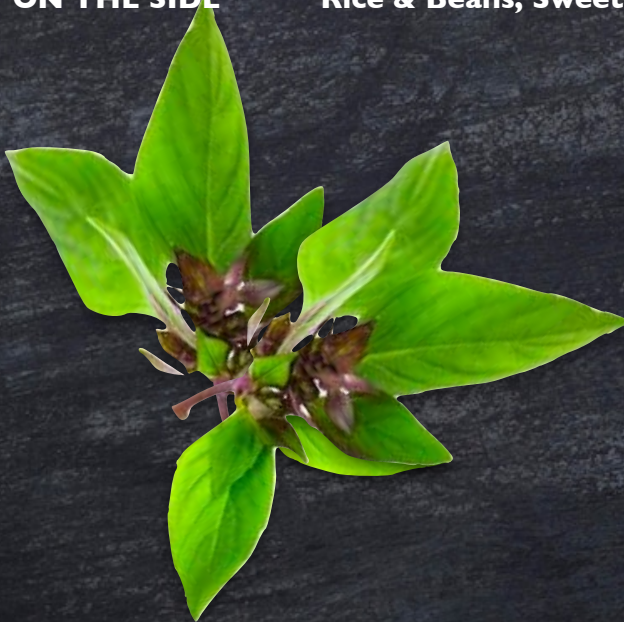
MAIN EVENT	Honey Roast Gammon
VEGGIE CHOICE	Quorn Sausage
JACKET	Jacket Potato with Salad & Coleslaw,
ON THE SIDE	Roast Potatoes, Roasted Carrots, Savoy Cabbage

THURSDAY

MAIN EVENT	Chicken Tikka Massala
VEGGIE CHOICE	Vegetable Madras
JACKET	Jacket Potato with Salad & Coleslaw,
ON THE SIDE	Basmati Rice, Bombay Potatoes, Garlic Naan Bread

FRIDAY

MAIN EVENT	Battered Pollock Fillet
VEGGIE CHOICE	Quorn Fishless Fingers
JACKET	Jacket Potato with Salad & Coleslaw,
ON THE SIDE	Chips, Peas, Beans, Sweetcorn



WEEK 2

Cowes Enterprise Menu

MONDAY

MAIN EVENT	Beef Lasagne
VEGGIE CHOICE	Roasted Vegetable Lasagne
JACKET	Jacket Potato with Salad & Coleslaw,
ON THE SIDE	Garlic Bread, Salad

TUESDAY

MAIN EVENT	Smokey BBQ Chicken Tacos
VEGGIE CHOICE	Roasted Pepper & Tomato Tacos
JACKET	Jacket Potato with Salad & Coleslaw,
ON THE SIDE	Spiced Cous Cous or Potato Wedges



AVAILABLE DAILY

Fresh Sandwiches & Filled Rolls
Pasta Pot of the Day
Fruit Salad Pots
Carrot & Cucumber Sticks
Watermelon Slices
Selection of Hot & Cold Sweets
Cakes & Biscuits

Meal Deal
Any main meal with
dessert or drink
Only £2.95

WEDNESDAY

MAIN EVENT	Chicken & Leek Pie
VEGGIE CHOICE	Leek & Potato Pie
JACKET	Jacket Potato with Salad & Coleslaw,
ON THE SIDE	Mashed Potato, Seasonal Vegetables, Gravy

THURSDAY

MAIN EVENT	Caribbean Chicken Thighs
VEGGIE CHOICE	Jamaican Jerk Veg Curry
JACKET	Jacket Potato with Salad & Coleslaw,
ON THE SIDE	Coconut Rice, Stir fried Vegetables

FRIDAY

MAIN EVENT	Battered Pollock Fillet
VEGGIE CHOICE	Quorn Hot Dogs
JACKET	Jacket Potato with Salad & Coleslaw,
ON THE SIDE	Chips, Peas, Baked Beans

WEEK 3

Cowes Enterprise Menu

MONDAY

MAIN EVENT	Spaghetti Bolognese
VEGGIE CHOICE	Quorn Bolognese
JACKET	Jacket Potato with Salad & Coleslaw,
ON THE SIDE	Garlic Bread

TUESDAY

MAIN EVENT	BBQ Pulled Pork Pitta
VEGGIE CHOICE	BBQ Pulled Jack Fruit Pitta
JACKET	Jacket Potato with Salad & Coleslaw,
ON THE SIDE	Seasoned Wedges or Tomato Cous Cous



AVAILABLE DAILY

Fresh Sandwiches & Filled Rolls
Pasta Pot of the Day
Fruit Salad Pots
Carrot & Cucumber Sticks
Watermelon Slices
Selection of Hot & Cold Sweets
Cakes & Biscuits

Meal Deal
Any main meal with
dessert or drink
Only £2.95

WEDNESDAY

MAIN EVENT	Toad in the Hole
VEGGIE CHOICE	Veggie Toad in the Hole
JACKET	Jacket Potato with Salad & Coleslaw,
ON THE SIDE	Roast Potatoes, Seasonal Vegetables, Onion Gravy

THURSDAY

MAIN EVENT	Beef Madras
VEGGIE CHOICE	Sweet Potato and Spinach Madras
JACKET	Jacket Potato with Salad & Coleslaw,
ON THE SIDE	Basmati Rice or Bombay Potatoes

FRIDAY

MAIN EVENT	Battered Pollock Fillets
VEGGIE CHOICE	
JACKET	Jacket Potato with Salad & Coleslaw,
ON THE SIDE	Chips, Peas, Baked Beans, Sweetcorn