

WEEK 1

MONDAY

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

TUESDAY

MAIN EVENT	Chilli Beef Tacos
VEGGIE CHOICE	Quorn Chilli Tacos
JACKET BAR	Jacket Potato with Salad & Coleslaw,
ON THE SIDE	Savoury Rice & Spicy Wedges

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

WEDNESDAY

MAIN EVENT	Roast Pork Loin
VEGGIE CHOICE	Quorn Sausage
JACKET BAR	Jacket Potato with Salad & Coleslaw,
ON THE SIDE	Yorkshire Pudding Roast Potatoes, Roasted Carrots, Savoy Cabbage

THURSDAY

MAIN EVENT	Chicken Tikka Massala
VEGGIE CHOICE	Sweet Potato & Butternut Squash Madras
JACKET BAR	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 BAR	Jacket Potato with Salad & Coleslaw,
ON THE SIDE	Chips, Seasonal Vegetables or Baked Beans

Meal Deal
Any main meal with
dessert & bottle of water
Only £2.95



WEEK 2

Cowes Enterprise Menu

MONDAY

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

TUESDAY

MAIN EVENT	Battered Chicken Balls
VEGGIE CHOICE	Sweet n Sour Quorn Strips
JACKET BAR	Jacket Potato with Salad & Coleslaw,
ON THE SIDE	Fried Rice or Stir Fry Vegetables, Sweet n Sour Sauce



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 & bottle of water
Only £2.95

WEDNESDAY

MAIN EVENT	Cottage Pie
VEGGIE CHOICE	Quorn Cottage Pie
JACKET BAR	Jacket Potato with Salad & Coleslaw,
ON THE SIDE	Roasted Carrots, Parsnips & Gravy

THURSDAY

MAIN EVENT	Chicken Katsu Curry
VEGGIE CHOICE	Quorn Katsu Curry
JACKET BAR	Jacket Potato with Salad & Coleslaw,
ON THE SIDE	Stir fried Noodles, Garlic Flat Bread, Prawn Crackers

FRIDAY

MAIN EVENT	Jumbo Fish Finger Sandwich
VEGGIE CHOICE	Quorn Fishless Finger Sandwich
JACKET BAR	Jacket Potato with Salad & Coleslaw,
ON THE SIDE	Chips, Seasonal Vegetables, Baked Beans

WEEK 3

MONDAY

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

TUESDAY

MAIN EVENT	Slow Cooked Minted Lamb Stew
VEGGIE CHOICE	Root Vegetable & Sweet Potato Stew
JACKET BAR	Jacket Potato with Salad & Coleslaw,
ON THE SIDE	Crusty Bread

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

WEDNESDAY

MAIN EVENT	Toad in the Hole
VEGGIE CHOICE	Quorn Sausage Roast
JACKET BAR	Jacket Potato with Salad & Coleslaw,
ON THE SIDE	Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables, Gravy

THURSDAY

MAIN EVENT	Chilli Con Carne
VEGGIE CHOICE	Quorn Chilli
JACKET BAR	Jacket Potato with Salad & Coleslaw,
ON THE SIDE	Rice, Seasoned Wedges, Tortilla Chips

FRIDAY

MAIN EVENT	Thai Prawn & Haddock Fish Cakes
VEGGIE CHOICE	Quorn Fishless Fingers
JACKET BAR	Jacket Potato with Salad & Coleslaw,
ON THE SIDE	Chips, Peas, Baked Beans, Sweetcorn



Meal Deal
Any main meal with
dessert & bottle of water
Only £2.95