# WEEK I

#### MONDAY

Macaroni Cheese **MAIN EVENT** 

**Roasted Pepper & Tomato VEGGIE CHOICE** 

Pasta Bake

Jacket Potato with Salad & **JACKET** 

Coleslaw,

**Garlic Bread** ON THE SIDE

#### **TUESDAY**

**Spanish Chicken Thighs MAIN EVENT** Potatas Bravas with a **Tomato & Olive Sauce** 

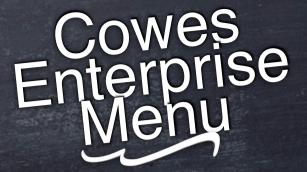
**VEGGIE CHOICE** 

**Ouorn Pieces with** Potatas Bravas with a **Tomato & Olive Sauce** 

**JACKET** 

**Jacket Potato with Salad** & Coleslaw,





# **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 & drink Only £2.95

#### WEDNESDAY

**MAIN EVENT Roast Pork Loin** 

**VEGGIE CHOICE Quorn Sausage** 

**JACKET Jacket Potato with Salad** 

& Coleslaw.

Roasted Potatoes, ON THE SIDE

Carrots, Savoy Cabbages

**Yorkshire Puds & Gravy** 

# **THURSDAY**

Chicken Tikka Massala **MAIN EVENT** 

**Sweet Potato &** VEGGIE CHOICE

**Butternut Squash Masala** 

lacket Potato with Salad **JACKET** 

& Coleslaw,

Basmati Rice, Bombay ON THE SIDE

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, Seasonal

Vegetables, Baked Beans

# WEEK 2

## MONDAY

MAIN EVENT

Spaghetti Bolognaise

**VEGGIE CHOICE** 

**Quorn Bolognaise** 

**IACKET** 

**Jacket Potato with Salad** 

& Coleslaw.

ON THE SIDE

Garlic Bread, Salad

## **TUESDAY**

**MAIN EVENT** 

**Battered Chicken Balls** 

**VEGGIE CHOICE** 

**Sweet n Sour Quorn** Strips

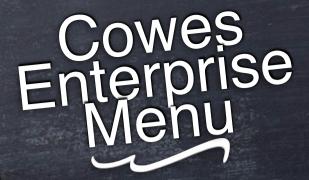
Jacket Potato with Salad

**JACKET** 

& Coleslaw,

Fried Rice, Stir Fried Veg and Sweet n Sour Sauce

ON THE SIDE



# **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 & drink Only £2.95

## WEDNESDAY

**MAIN EVENT** 

**Roast Beef & Yorkshire** 

Puds

**VEGGIE CHOICE** 

**Quorn Sausage &** Yorkshire Puds

**JACKET** 

**Jacket Potato with Salad** 

& Coleslaw,

ON THE SIDE

Roast Potato, Seasonal

Vegetables, Gravy

# **THURSDAY**

MAIN EVENT

Thai Green, Chicken

Curry

**VEGGIE CHOICE** 

**Thai Green Quorn Curry** 

**JACKET** 

**Jacket Potato with Salad** 

& Coleslaw.

ON THE SIDE

Jasmine Rice, Coriander

Flat bread

# FRIDAY

**MAIN EVENT** 

**Battered Pollock Fillet** 

**VEGGIE CHOICE** 

**Quorn Fishless Fingers** 

**JACKET** 

**Jacket Potato with Salad** 

& Coleslaw,

ON THE SIDE

Chips, Seasonal

Vegetables, Baked Beans



# **WEEK 3**

## MONDAY

**MAIN EVENT** Tomato Meathalls

**VEGGIE CHOICE Roasted Vegetable Pasta** 

Bake

**Jacket Potato with Salad IACKET** 

& Coleslaw.

ON THE SIDE **Garlic Bread** 

## **TUESDAY**

Chicken Gyros Served in a MAIN EVENT Tortilla with Fries, Salad &

Sauces

Quorn Gyros Served in a **VEGGIE CHOICE** 

Tortilla with Fries, Salad &

Sauces

Jacket Potato with Salad & **IACKET** 

Coleslaw,

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

# 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 Toad in the Hole **VEGGIE CHOICE** 

**IACKET Jacket Potato with Salad** 

& Coleslaw,

Roast Potatoes, Carrots, ON THE SIDE

**Green Beans & Gravy** 

## **THURSDAY**

**Battered Chicken Balls in MAIN EVENT** 

**Sticky Plum Sauce** 

**Quorn Pieces in Sticky VEGGIE CHOICE** 

**Plum Sauce** 

**Jacket Potato with Salad JACKET** 

& Coleslaw,

Basmati Rice, Stir Fried ON THE SIDE

Vegetables,

# **FRIDAY**

**MAIN EVENT Battered Pollock Fillets** 

**VEGGIE CHOICE Quorn Fishless Fingers** 

**lacket Potato with Salad** 

**JACKET** & Coleslaw,

Chips. Seasonal

Vegetables, Baked Beans ON THE SIDE

