

WEEK 1

MONDAY

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

TUESDAY

MAIN EVENT	Spanish Chicken Thighs Potatas Bravas with a Tomato & Olive Sauce
VEGGIE CHOICE	Quorn Pieces with Potatas Bravas with a Tomato & Olive Sauce
JACKET	Jacket Potato with Salad & Coleslaw,
ON THE SIDE	

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 & drink
Only £2.95

WEDNESDAY

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

THURSDAY

MAIN EVENT	Chicken Tikka Massala
VEGGIE CHOICE	Sweet Potato & Butternut Squash Masala
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, Seasonal Vegetables, Baked Beans



WEEK 2

Cowes Enterprise Menu

MONDAY

MAIN EVENT	Spaghetti Bolognaise
VEGGIE CHOICE	Quorn Bolognaise
JACKET	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	Jacket Potato with Salad & Coleslaw,
ON THE SIDE	Fried Rice, Stir Fried Veg and 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 & 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

Cowes Enterprise Menu

MONDAY

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

TUESDAY

MAIN EVENT	Chicken Gyros Served in a Tortilla with Fries, Salad & Sauces
VEGGIE CHOICE	Quorn Gyros Served in a Tortilla with Fries, Salad & Sauces
JACKET	Jacket Potato with Salad & Coleslaw,
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	Toad in the Hole
VEGGIE CHOICE	Veggie Toad in the Hole
JACKET	Jacket Potato with Salad & Coleslaw,
ON THE SIDE	Roast Potatoes, Carrots, Green Beans & Gravy

THURSDAY

MAIN EVENT	Battered Chicken Balls in Sticky Plum Sauce
VEGGIE CHOICE	Quorn Pieces in Sticky Plum Sauce
JACKET	Jacket Potato with Salad & Coleslaw,
ON THE SIDE	Basmati Rice, Stir Fried Vegetables,

FRIDAY

MAIN EVENT	Battered Pollock Fillets
VEGGIE CHOICE	Quorn Fishless Fingers
JACKET	Jacket Potato with Salad & Coleslaw,
ON THE SIDE	Chips, Seasonal Vegetables, Baked Beans