

WEEK II

MONDAY

MAIN EVENT	Chicken & Broccoli Pasta Bake
VEGGIE CHOICE	Macaroni Cheese
JACKET	Jacket Potato with Salad & Choice of Fillings
ON THE SIDE	Garlic Bread, Salad

TUESDAY

MAIN EVENT	Chilli Con Carne
VEGGIE CHOICE	Quorn Chilli
JACKET	Jacket Potato with Salad & Choice of Fillings
ON THE SIDE	Rice & Nachos

Cowes Enterprise Menu

WEDNESDAY

MAIN EVENT	Roast Pork & Stuffing
VEGGIE CHOICE	Quorn Sausage
JACKET	Jacket Potato with Salad & Choice of Fillings
ON THE SIDE	Roasted Potatoes, Seasonal Vegetables, Gravy

THURSDAY

MAIN EVENT	Katsu Chicken Curry
VEGGIE CHOICE	Katsu Vegetarian Curry
JACKET	Jacket Potato with Salad & Choice of Fillings
ON THE SIDE	Stir Fried Noodles

FRIDAY

MAIN EVENT	Battered Pollock Fillet
VEGGIE CHOICE	Quorn Fishless Fingers
JACKET	Jacket Potato with Salad & Choice of Fillings
ON THE SIDE	Chips, Peas, Baked Beans

AVAILABLE DAILY

Fresh Sandwiches & Filled Rolls
Pasta Pot of the Day
Fruit Salads
Carrot & Side Salad
Assorted Yoghurts
Assorted Flavoured Jellys
Cakes & Biscuits

Meal Deal
Any main meal with
dessert
Only £2.95

Allergen information may be obtained by
contacting the Catering Manager on
Tel: 01983203183



WEEK 2

Cowes Enterprise Menu

MONDAY

MAIN EVENT	Beef Lasagne
VEGGIE CHOICE	Quorn Lasagne
JACKET	Jacket Potato with Salad & Choice of Fillings
ON THE SIDE	Garlic Bread, Salad

TUESDAY

MAIN EVENT	New York Chicken Breast
VEGGIE CHOICE	Quorn Strips in BBQ Sauce
JACKET	Jacket Potato with Salad & Choice of Fillings
ON THE SIDE	Herby Potato Cubes, Corn on the Cob



AVAILABLE DAILY

Fresh Sandwiches & Filled Rolls
Pasta Pot of the Day
Fruit Salads
Carrot & Side Salad
Assorted Yoghurts
Assorted Flavoured Jellys
Cakes & Biscuits

Meal Deal
Any main meal with
dessert
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WEDNESDAY

MAIN EVENT	Cottage Pie
VEGGIE CHOICE	Quorn Cottage Pie
JACKET	Jacket Potato with Salad & Choice of Fillings
ON THE SIDE	Seasonal Vegetables, Gravy

THURSDAY

MAIN EVENT	Chicken Madras
VEGGIE CHOICE	Vegetable Madras Jacket
JACKET	Potato with Salad & Choice of Fillings
ON THE SIDE	Jasmine Rice, Naan Bread

FRIDAY

MAIN EVENT	Freshly Made Pizza
VEGGIE CHOICE	Veggie Pizza
JACKET	Jacket Potato with Salad & Choice of Fillings
ON THE SIDE	Spicy Wedges, Garden Peas, Baked Beans, Salad