

# WEEK 1 - BULLERSWOOD

Enjoy

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Menu</b>	<b>ITALIAN</b>	<b>CARIBBEAN</b>	<b>GREAT BRITISH CLASSICS</b>	<b>ITALIAN</b>	<b>GREAT BRITISH CLASSICS</b>
<b>choose it</b>	Arrabiata Sauce (SU) Ve	Jerk Chicken	Roast Chicken	Cacciatore Chicken (MK)	Battered Fish (G,F,mk,mu)
	Beef Bolognese	Spiced Mac & Cheese (G,MK) V	Cauliflower Cheese (G,MK) V	Mac n Cheese	Veggie Burger (G) Ve
<b>add it</b>	Penne Pasta (G) Ve	Rice & Peas Ve	Roast Potatoes Ve	Penne Pasta (G) Ve	Chipped Potatoes Ve Ve
	Spaghetti (G) Ve	Pitta Bread (G) Ve	Yorkshire Pudding (G,MK,E) V	Patate Al Forno Ve	Bap (G,se) Ve
<b>top it</b>	Garlic Bread (G,so,mk) V	Chakalaka Relish (MU) Ve	English Mustard (G,MU) Ve	Garlic Bread (G,so,mk) V	Baked Beans Ve
	Bruschetta Salsa Ve	Garlic Sauce (E) V	Horseradish (MK,E,MU) V	Caesar Sauce (G,SO,MK,E) V	Tomato Sauce Ve

	MEXICAN	ITALIAN	INDIAN	MEXICAN	ITALIAN
<b>choose it</b>	Chicken Enchiladas (G,MK)	Meatball Marinara (G)	Goan Pulled Pork (G)	Guisado De Pollo	Sugo al Pomodoro (g) Ve
	Bean Enchiladas (G,MK) V	Vegetarian Lasagne (G,MK,E) V	Keralan Coconut Curry (MK) V	Burrito Bowl Ve	Beef Bolognese
<b>add it</b>	Arroz Verde - Green Rice Ve	Spaghetti (G) Ve	Garlic & Coriander Naan (G,MK) V	Arroz Verde - Green Rice Ve	Penne (G) Ve
	Tex Mex Potato Wedges Ve	Patate Al Forno Ve	Pilau Rice Ve	Chargrilled Tortilla Wrap (G) Ve	Spaghetti (G) Ve
<b>top it</b>	Chipotle Sauce Ve	Garlic Bread (G,so,mk) V	Mango Chutney Ve	Taco (g) Ve	Garlic Bread (G,so,mk) V
	Cilantro Rojo Salsa Ve	Caesar Sauce (G,SO,MK,E) V	Minted Yoghurt (MK,E) V	Cilantro Rojo Salsa Ve	Pesto (MK) V

**FREE Salad, Vegetables and Fruit with EVERY £2.30 MEAL DEAL**

**V** - Suitable for vegetarians

**Ve** - Suitable for vegans & vegetarians

**Allergen Key - CAPITAL LETTERS** = contains, lower case = may contain  
 Celery and Celeriac (C), Crustaceans/Shellfish (CR), Eggs (E), Fish (F), Gluten (G), Lupin (L), Milk (MK), Molluscs (MO), Mustard (MU), Nuts (N), Peanuts (P), Sesame Seeds (SE), Soya and Soya products (SO), Sulphites (SU)

**pabulummm**  
HONESTLY GOOD FOOD

# WEEK 2 - BULLERSWOOD

Enjoy

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Menu</b>	<b>MEXICAN</b>	<b>ITALIAN</b>	GREAT BRITISH CLASSICS	<b>CARIBBEAN</b>	GREAT BRITISH CLASSICS
<b>choose it</b>	Chicken Fajita Chilli Non Carne (g) Ve	Beef Lasagne (G,MK,e) Sugo al Pomodoro (g) Ve	Roast lemon herbed Chicken Cauliflower Cheese (G,MK) V	Kefta Mkaouara (G,MK,E) Jerk Sweet Potato Curry (SO) Ve	Battered Fish (G,F,mk,mu) Cheese & Onion Tart (G,MK,E) V
<b>add it</b>	Chargrilled Wraps (G) Ve Arroz Verde - Green Rice Ve	Penne Pasta (G) Ve Patate Al Forno Ve	Roast Potatoes Ve Bap (G,se) Ve	Jollof Rice (g) Ve Hot Hot Potatoes Ve	Chipped Potatoes Ve Bap (G,se) Ve
<b>top it</b>	Cilantro Rojo Salsa Ve Lime & Yoghurt Dressing (SO,MK) V	Garlic Bread (G,so,mk) V Caesar Sauce (G,SO,MK,E) V	Baked Beans Ve English Mustard (G,MU) Ve	Spicy Slaw (E) V Garlic Sauce (E) V	Baked Beans Ve Tomato Sauce Ve

	ASIAN	CARIBBEAN	INDIAN	ASIAN	INDIAN
<b>choose it</b>	Vietnamese Pork Banh Mi (G,SO,SE) Mushroom Chow Mein (G,MO,SO,E)	Jerk Chicken Spiced Mac & Cheese (G,MK) V	Goan Pulled Pork (G) Keralan Coconut Curry (MK) V	Ramen Chicken Bowl (G,SO,E) Ramen Vegetable Bowl (G,E) V	Slow Cooked Bombay Chicken (MU) Keralan Coconut Curry (MK) V
<b>add it</b>	Boiled Rice Ve Schezwan Potatoes (G,SO,SE) Ve	Rice & Peas Ve Pitta Bread (G) Ve	Garlic & Coriander Naan (G,MK) V Pilau Rice Ve	Boiled Rice Ve Egg Fried Rice (G,SO,E) V	Pilau Rice Ve Garlic & Coriander Naan (G,MK) V
<b>top it</b>	BBQ Sauce Ve Hoisin Sauce (G,SO,SE) Ve	Chakalaka Relish (MU) Ve Garlic Sauce (E) V	Mango Chutney Ve Minted Yoghurt (MK,E) V	BBQ Sauce Ve Hoisin Sauce (G,SO,SE) Ve	Spicy Onion Chutney Ve Raita (MK,E) V

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# WEEK 3 - BULLERSWOOD

Enjoy

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Menu</b>	<b>ITALIAN</b>	<b>MEXICAN</b>	GREAT BRITISH CLASSICS	<b>INDIAN</b>	GREAT BRITISH CLASSICS
<b>choose it</b>	Arrabiata Sauce (SU) Ve	Chilli Con Carne (g)	Roast Pork	Chicken Tikka Masala (SO,MK,MU)	Battered Fish (G,F,mk,mu)
	Beef Bolognaise	Chilli Non Carne (g) Ve	Cauliflower Cheese (G,MK) V	Mixed Vegetable Pasanda (MU) Ve	Veggie Burger (G) Ve
<b>add it</b>	Penne Pasta (G) Ve	Arroz Verde - Green Rice Ve	Yorkshire Pudding	Bombay Potatoes (G) V	Chipped Potatoes Ve
	Spaghetti (G) Ve	Taco (g) Ve	Roast Potatoes Ve	Garlic & Coriander Naan (G,MK) V	Bap (G,se) Ve
<b>top it</b>	Garlic Bread (G,so,mk) V	Chipotle Sauce Ve	Apple Sauce Ve	Mini Poppadums Ve	Baked Beans Ve
	Bruschetta Salsa Ve	Cilantro Rojo Salsa Ve	English Mustard (G,MU) Ve	Minted Yoghurt (MK,E) V	Tomato Sauce Ve

	MEXICAN	GREAT BRITISH CLASSICS	CARIBBEAN	MEXICAN	ITALIAN
<b>choose it</b>	Chicken Enchiladas (G,MK)	Cumberland Sausage (G,SU)	Jerk Chicken	Chilli Con Carne (g)	Cacciatore Chicken (MK)
	Bean Enchiladas (G,MK) V	Vegetarian Sausage (G,SO,SU) Ve	Spiced Mac & Cheese (G,MK) V	Burrito Bowl Ve	Mac n Cheese (G,MK) V
<b>add it</b>	Arroz Verde - Green Rice Ve	Mashed Potato (MK) V	Rice & Peas Ve	Arroz Verde - Green Rice Ve	Penne Pasta (G) Ve
	Tex Mex Potato Wedges Ve	Baguette (G,se) Ve	Pitta Bread (G) Ve	Chargrilled Tortilla Wrap (G) Ve	Patate Al Forno Ve
<b>top it</b>	Chipotle Sauce Ve	Baked Beans Ve	Chakalaka Relish (MU) Ve	Taco (g) Ve	Garlic Bread (G,so,mk) V
	Cilantro Rojo Salsa Ve	English Mustard (G,MU) Ve	Garlic Sauce (E) V	Cilantro Rojo Salsa Ve	Caesar Sauce (G,SO,MK,E) V

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