THE POWER SQUAD
Level up your Plate!

WEEKLY MENU

MEAT FREE MONDAY

ALLERGIES

Please speak to a member of the team if you have an allergy, and need to know what's in our food dishes so we can advise on your available choices.

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SQUAD FAVOURITES	Pasta Bolognaise	Beef Burger	Roast Chicken with Gravy	Beef Lasagne	Crispy Chicken Goujons
SQUAD FAVOURITES	Veggie Hot Dog	Veggie Burger	Vegan Roast	Keema Curry	Bubble Salmon Goujons
SQUAD LEVEL UPS	A daily selection of tasty seasonal vegetables				
PASTA POWER	Tomato Pasta	Cheesy Pasta	Tomato Pasta	Cheesy Pasta	Tomato Pasta
Squad Sandwiches	Cheese or Tuna	Egg or Ham	Cheese or Tuna	Cheese or Ham	Egg or Ham
ENVIRA'S PLANT PICKS (JACKET POTATO BAR)	Jacket Potato Bar: Baked Potato with a choice of topping including Baked Beans, Tuna Mayo & Cheese available daily				
MISSION REWARDS (AVAILABLE DAILY)	Greenhouse Greens: Daily selection of salads, Tomato, Cucumber & Carrot along with Freshly Baked Bread Sweet Treats: A daily selection of tasty desserts including Home Bakes, Jellies & Mousses				

KEY: MADE WITHOUT GLUTEN AVAILABLE



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Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SQUAD FAVOURITES	Cottage Pie	Golden Chicken & Rice	Honey Roast Gammon with Gravy	All Day Breakfast	Crispy Bubble Fish
SQUAD FAVOURITES	Pizza	Vegetable Lasagne	Vegan Roast	Veggie All Day Breakfast	Crispy Quorn Wrap
SQUAD LEVEL UPS	A daily selection of tasty seasonal vegetables				
PASTA POWER	Tomato Pasta	Cheesy Pasta	Tomato Pasta	Cheesy Pasta	Tomato Pasta
Squad Sandwiches	Cheese or Tuna	Egg or Ham	Cheese or Tuna	Cheese or Ham	Egg or Ham
ENVIRA'S PLANT PICKS (JACKET POTATO BAR)	Jacket Potato Bar: Baked Potato with a choice of topping including Baked Beans, Tuna Mayo & Cheese available daily!				
MISSION REWARDS (AVAILABLE DAILY)	Greenhouse Greens: Daily selection of salads, Tomato, Cucumber & Carrot along with Freshly Baked Bread Sweet Treats: A daily selection of tasty desserts including Home Bakes, Jellies & Mousses				

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