THE POWER SQUAD
Level up your Plate!

WEEKLY MENU

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SQUAD FAVOURITES (meat option)	Meatballs & Cannellini	Chilli Con Carne	Roast Chicken with Stuffing Balls & Gravy	Chicken & Sweet BBQ	Gluten Free Bubble Crumb Salmon Fillet
SQUAD FAVOURITES (vegetarian option)	Vegetarian Cottage Pie	Pasta Bolognaise	Vegetarian Tagine	Mixed Bean Korean BBQ Chimichanga	Coconut Korma Curry
SQUAD LEVEL UPS	Steamed Broccoli	Sweetcorn	Roasted Carrots Skin On Roast Potatoes	Mixed Grilled Vegetables Oven Baked Wedges	Garden Peas Oven Baked Chips
PASTA POWER	Cauli-Power Cheese	Gr-Eight Tomato	Cauli-Power Cheese	Gr-Eight Tomato	Broc N Roll
ENVIRA'S PLANT PICKS (JACKET POTATO BAR)	Jacket Potato Bar: Baked Potato with a choice of topping including Baked Beans, Tuna Mayo, Salmon Mayo & Cheese available daily!				
HOT DESSERTS	Apple & Pear Crumble + Custard	Wibble Whip Pot - Blue Raspberry	Spotted Banana Bread + Custard	Pineapple Wibble Jelly Pot	Vanilla + Cinnamon Rice Pudding
COLD DESSERTS	Flavoured Jelly	Flavoured Jelly	Flavoured Jelly	Flavoured Jelly	Flavoured Jelly
MISSION REWARDS (AVAILABLE DAILY)	Greenhouse Greens: Daily selection of salads, Tomato, Cucumber & Carrot along with Freshly Baked Bread, Sandwiches and Wraps available daily!				

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.

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Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SQUAD FAVOURITES (meat option)	Thai Chicken Curry	Beef Lasagne	Honey Roast Gammon with Gravy	Cornflake Chicken with Boston Beans	Chunky Fish Finger Bap
SQUAD FAVOURITES (vegetarian option)	Cheese & Potato Swirl with Tomato Sauce	Bangin Some Beans – Black Eye & Butter Bean Stew	Vegetarian Lasagne	Mac & Cheese with Cauliflower	Vegetarian Chilli 'Non' Carne
SQUAD LEVEL UPS	Sautéed Courgettes	Steamed Broccoli Rissole Potatoes	Roasted Carrots Skin On Roast Potatoes	Cauliflower Cheese Paprika Skin On Wedges	Garden Peas Oven Baked Chips
PASTA POWER	Gr-Eight Tomato	The Baller Pasta	Gr-Eight Tomato	Cauli-Power Cheese	Gr-Eight Tomato
ENVIRA'S PLANT PICKS (JACKET POTATO BAR)	Jacket Potato Bar: Baked Potato with a choice of topping including Baked Beans, Tuna Mayo, Salmon Mayo & Cheese available daily!				
HOT DESSERTS	Pineapple Upside Down Sponge & Custard	Banana Wibble Whip Pot	Sticky Toffee Pudding & Custard	Fruit Cocktail Wibble Jelly Pot	Plant Power Brownie & Frozen Yoghurt
OLD DESSERTS	Flavoured Jelly	Flavoured Jelly	Flavoured Jelly	Flavoured Jelly	Flavoured Jelly
SION REWARDS LABLE DAILY)	Greenhouse Greens: Daily selection of salads, Tomato, Cucumber & Carrot along with Freshly Baked Bread Sandwiches and Wraps available daily!				

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Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SQUAD FAVOURITES (meat option)	Mild Chicken Curry	Smashed Burger in Bun	Chicken & Honey Roast Gammon Pie	Meatball Melt Sub	Gluten Free Bubble Crumb Pollock Fillet
SQUAD FAVOURITES (vegetarian option)	Vegetarian Burrito	Spicy Bean Burger in Bun	Keema	Falafel & Salad Pittas	Coconut Tikka Masala
SQUAD LEVEL UPS	Roasted Peppers, Aubergines & Courgettes Parmentier Potatoes	Red Cabbage Coleslaw Rainbow Wedges	Roasted Carrots Skin On Roast Potatoes	Roasted Root Vegetables Parsley Steamed New Potatoes	Garden Peas Oven Baked Chips
PASTA POWER	Cour-Geous Bacon	Gr-Eight Tomato	Cauli-Power Cheese	Gr-Eight Tomato	Hey Pesto
ENVIRA'S PLANT PICKS (JACKET POTATO BAR)	Jacket Potato Bar: Baked Potato with a choice of topping including Baked Beans, Tuna Mayo, Salmon Mayo & Cheese available daily!				
HOT DESSERTS	Cherry Crumble & Custard	Peach Wibble Jelly Pot	Beetroot Brownie & Custard	Courgette Cake	Banana Split
COLD DESSERTS	Flavoured Jelly	Flavoured Jelly	Flavoured Jelly	Flavoured Jelly	Flavoured Jelly
MISSION REWARDS (AVAILABLE DAILY)	Greenhouse Greens: Daily selection of salads, Tomato, Cucumber & Carrot along with Freshly Baked Bread, Sandwiches and Wraps available daily!				

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