

## Option 1

Curried  
Coconut Chilli  
Chicken

---

Homemade Spicy  
Falafel  
Flatbread

---

Glazed Gammon  
Roast  
Yorkshire Pudding

---

Low Salt & Chilli  
Chicken  
Firecracker Rice

---

Hand Battered  
Fish

---

## Option 2

Jamaican Black  
Eyed Peas Stew

---

Creamy Green  
Pea & Spinach  
Pasta

---

Root Vegetable &  
Bean Stew

---

Japanese Stir  
Fried Noodles

---

Veggie Sausage  
(battered or plain)

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## SIDES

Wholegrain  
Rice n Peas  
Lime Dressed  
Slaw

---

Mixed Salad

---

Roasties

---

Sweet Chilli Sticky  
Greens

---

Chips

---

Minted Peas or  
Baked Beans

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## Pasta

Homemade  
Tomato Sauce

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Homemade  
Tomato Sauce

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Homemade Tomato  
Sauce

---

Homemade  
Tomato Sauce

---

Homemade  
Tomato Sauce

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## Jackets

Bolognaise

---

Meatballs

---

Mac n Cheese

---

Tomato & Basil

---

Beans

---

## DESSERT With Custard

Chocolate  
Brownie

---

Fruit Crumble

---

Sticky Toffee  
Pudding

---

Pineapple Upside  
Down Cake

---

Strudel

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## Option 1

Chicken Dhansak

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Tex Mex Burrito  
Bar  
Chipotle Chicken  
or Spicy Beef

---

Sticky Red Onion  
Sausages

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Meatballs in Tomato  
Sauce

---

Hand Battered  
Fish

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## Option 2

Indian Street  
Food  
Vada Pav Bhaji

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Crispy Topped Mac  
n Cheese

---

Veggie Bangers  
with Cheesy  
Chive Mash

---

Cumin Chickpea &  
Vegetable Bake in a  
Tomato Sauce

---

Homemade  
Fishless Cake

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## SIDES

Wholegrain Rice  
& Kachumber  
Salad

---

Chunky Tomato  
Salsa

---

Roasties

---

Moorish Cous Cous

---

Chips

---

Carrots & Peas

---

Green Salad

---

Minted Peas  
or Baked Beans

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## Pasta

Homemade  
Tomato Sauce

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Homemade  
Tomato Sauce

---

Homemade  
Tomato Sauce

---

Homemade Tomato  
Sauce

---

Homemade  
Tomato Sauce

---

## Jackets

Bolognese

---

Meatballs

---

Mac n Cheese

---

Spicy Chicken

---

Tomato Sauce

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## DESSERT with Custard

Jam Crumble Bar

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Jamaican Ginger  
Cake

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Banana &  
Chocolate  
Sponge

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Carrot Cake

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Syrup Sponge  
Cake

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