

# WEEKLY MENU

## SENIORS

### Monday

**Soup**  
Leek and Potato  
with Homemade Bread of the day

**Urban Main Choice**  
ChilliCon Carne with Sour Cream, Guacamole & Nachos  
(GF, DF & HF available)

**Urban Vegan/Veggie Choice**  
Sweet Potato & Black Bean ChilliCarne with Sour Cream, Guacamole & Nachos  
(GF and DF available)

**Sides**  
Mexican Rice Warm  
Mexican Street Corn Salad  
Tomato Salsa Artisan Salad Bar

#### Urban Grab and Go

**Dessert of the Day**  
Berry Fool with Crispy Meringue Topping  
Prepared Fruit Pots Mixed Fruit Yoghurt Pots Whole Fruit

### Tuesday

**Soup**  
Cream of Squash  
with Homemade Bread of the day

**Urban Main Choice**  
Chicken, Tomato & Pesto Pasta  
(GF, DF & HF available)

**Urban Vegan/Veggie Choice**  
Vegetable Lasagna  
(GF, DF & HF available)

**Sides**  
Garlic Bread  
Peas  
Rocket & Parmesan salad  
Artisan Salad Bar

#### Urban Grab and Go

**Dessert of the Day**  
Iced Vanilla Sponge  
Prepared Fruit Pots  
Whole Fruit Mixed Fruit Yoghurt Pots  
(Vegan, DF and GF available)

### Wednesday

**Soup**  
French Onion  
with Homemade Bread of the day

**Urban Main Choice**  
Margherita Pizza  
(GF, DF & HF available)

**Urban Vegan/Veggie Choice**  
Gnocchi with Herb Sauce  
(GF, DF & HF available)

**Sides**  
Chunky Chips  
Sweetcorn  
Coleslaw  
Artisan Salad Bar

#### Urban Grab and Go

**Dessert of the Day**  
Chocolate Brownie  
Prepared Fruit Pots Mixed Fruit Yoghurt Pots Whole Fruit  
(Vegan, DF and GF available)

### Thursday

**Soup**  
Roasted Red Pepper  
with Homemade Bread of the Day

**Urban Main Choice**  
Hunters Chicken Casserole  
(GF, DF & HF available)

**Urban Vegan/Veggie Choice**  
Spanish Omelette  
(GF, DF & HF available)

**Sides**  
Crushed New Potatoes  
Sauteed Broccoli with Garlic  
Artisan Salad Bar

#### Urban Grab and Go

**Dessert of the Day**  
Banana Cake  
Prepared Fruit Pots  
Mixed Fruit Yoghurt Pots  
Whole Fruit  
(Vegan, DF and GF available)

### Friday

**Soup**  
Cream of Spinach  
with Homemade Bread of the Day

**Urban Main Choice**  
Cajun Pulled Chicken Bap with all the Trimmings  
(GF, DF & HF available)

**Urban Vegan/Veggie Choice**  
Mediterranean Vegetable & Halloumi Bap  
(GF, DF & HF available)

**Sides**  
Oven Baked Wedges  
Baked Beans  
Peas  
Artisan Salad Bar

#### Urban Grab and Go

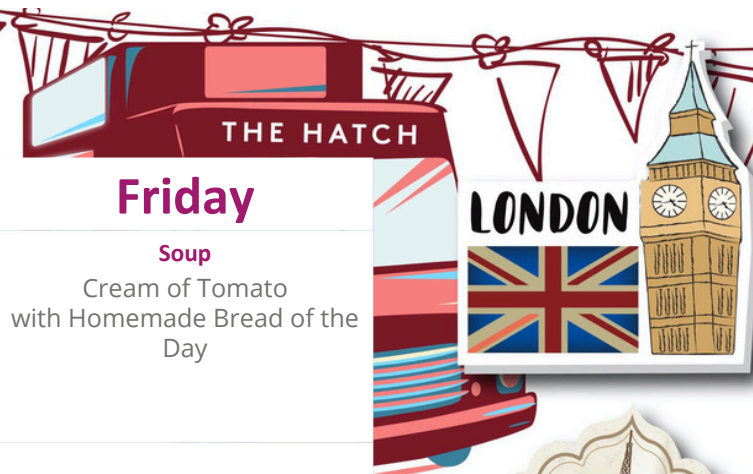
**Dessert of the Day**  
Selection of Jelly Pots  
Prepared Fruit Pots  
Mixed Fruit Yoghurt Pots  
Whole Fruit  
(Vegan, DF and GF available)



For weeks commencing: 23 April, 12 May, 9 June, 30 June

# WEEKLY MENU

SENIORS



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Soup</b> Carrot &amp; Coriander with Homemade Bread of the day</p>	<p><b>Soup</b> Spiced Lentil with Homemade Bread of the day</p>	<p><b>Soup</b> Broccoli &amp; Kale with Homemade Bread of the day</p>	<p><b>Soup</b> Mushroom &amp; Tarragon with Homemade Bread of the Day</p>	<p><b>Soup</b> Cream of Tomato with Homemade Bread of the Day</p>
<p><b>Urban Main Choice</b> BBQ Pulled Chicken Mac "N" Cheese (GF, DF &amp; HF available)</p>	<p><b>Urban Main Choice</b> Pork Enchilada Pie with sour cream &amp; guacamole (GF,DF &amp; HF available)</p>	<p><b>Urban Main Choice</b> Chicken &amp; Chorizo Paella (GF,DF &amp; HF available)</p>	<p><b>Urban Main Choice</b> Beef Lasagna (GF,DF &amp; HF available)</p>	<p><b>Urban Main Choice</b> Cumberland Pork Sausage (GF,DF &amp; HF available)</p>
<p><b>Urban Vegan/Veggie Choice</b> Crispy Onion Mac "N" Cheese (GF and DF available)</p>	<p><b>Urban Vegan/Veggie Choice</b> Vegan Soya &amp; Black Bean Crispy Taco with Sour Cream &amp; Guacamole (GF,DF &amp; HF available)</p>	<p><b>Urban Vegan/Veggie Choice</b> Butternut Squash Risotto (GF,DF &amp; HF available)</p>	<p><b>Urban Vegan/Veggie Choice</b> Aubergine Parmigiana (GF,DF &amp; HF available)</p>	<p><b>Urban Vegan/Veggie Choice</b> Vegetarian Sausage (GF,DF &amp; HF available)</p>
<p><b>Sides</b> Garlic Bread Green Vegetable Medley Artisan Salad Bar</p>	<p><b>Sides</b> Tomato Rice Mexican Corn Tomato Salsa Artisan Salad Bar</p>	<p><b>Sides</b> Vegetable Medley Asian Slaw Artisan Salad Bar</p>	<p><b>Sides</b> Garlic Bread Sweetcorn &amp; Peas Artisan Salad Bar</p>	<p><b>Sides</b> Chunky Chips Baked Beans Peas Artisan Salad Bar</p>
<p><b>Urban Grab and Go</b></p>	<p><b>Urban Grab and Go</b></p>	<p><b>Urban Grab and Go</b></p>	<p><b>Urban Grab and Go</b></p>	<p><b>Urban Grab and Go</b></p>
<p><b>Dessert of the Day</b> Vanilla Shortbread Prepared Fruit Pots Mixed Fruit Yoghurt Pots Whole Fruit (Vegan, DF and GF available)</p>	<p><b>Dessert of the Day</b> Black Forest Cake Prepared Fruit Pots Whole Fruit Mixed Fruit Yoghurt Pots (Vegan, DF and GF available)</p>	<p><b>Dessert of the Day</b> Carrot Cake with Cream Cheese Frosting Prepared Fruit Pots Mixed Fruit Yoghurt Pots Whole Fruit (Vegan, DF and GF available)</p>	<p><b>Dessert of the Day</b> Oaty Apricot Crumble with Cream Prepared Fruit Pots Mixed Fruit Yoghurt Pots Whole Fruit (Vegan, DF and GF available)</p>	<p><b>Dessert of the Day</b> Selection of Jelly Pots Prepared Fruit Pots Mixed Fruit Yoghurt Pots Whole Fruit (Vegan, DF and GF available)</p>

For weeks commencing: 28 Apr, 19 May, 16 June

# WEEKLY MENU

SENIORS



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Soup</b> Pea &amp; Mint with Homemade Bread of the day</p>	<p><b>Soup</b> Tomato &amp; Basil with Homemade Bread of the day</p>	<p><b>Soup</b> Sweet Potato with Homemade Bread of the day</p>	<p><b>Soup</b> Spiced Carrot &amp; Lentil with Homemade Bread of the Day</p>	<p><b>Soup</b> Country Vegetable with Homemade Bread of the Day</p>
<p><b>Urban Main Choice</b> Chicken Rogan Josh with Mango Chutney &amp; Raita (GF,DF &amp; HF available)</p>	<p><b>Urban Main Choice</b> Giant Sausage Wellington (GF,DF &amp; HF available)</p>	<p><b>Urban Main Choice</b> Southern Fried Chicken (GF,DF &amp; HF available)</p>	<p><b>Urban Main Choice</b> Beef Bolognese (GF,DF &amp; HF available)</p>	<p><b>Urban Main Choice</b> Fish &amp; Chips with all the Trimmings (GF,DF &amp; HF available)</p>
<p><b>Urban Vegan/Veggie Choice</b> Vegetable Dhansak with Mango Chutney &amp; Raita (GF and DF available)</p>	<p><b>Urban Vegan/Veggie Choice</b> Roasted Summer Vegetable &amp; Feta Quiche (GF,DF &amp; HF available)</p>	<p><b>Urban Vegan/Veggie Choice</b> Summer Risotto Stuffed Peppers (GF,DF &amp; HF available)</p>	<p><b>Urban Vegan/Veggie Choice</b> Mushroom &amp; Pepper Soya Bolognese (GF,DF &amp; HF available)</p>	<p><b>Urban Vegan/Veggie Choice</b> Crispy Breaded Vegan Fillet (GF,DF &amp; HF available)</p>
<p><b>Sides</b> Basmati Rice Naan Bread Saag Aloo with Roasted Gobi Artisan Salad Bar</p>	<p><b>Sides</b> Roast New Potatoes Sautéed Broccoli Glazed Carrots Gravy Artisan Salad Bar</p>	<p><b>Sides</b> Crushed Potatoes Shredded Cabbage Roasted Quorn Gravy shredded Artisan Salad Bar</p>	<p><b>Sides</b> Penne Pasta Sweetcorn Peas Garlic Bread Artisan Salad Bar</p>	<p><b>Sides</b> Chunky Chips Baked Beans Mushy Peas Artisan Salad Bar</p>
<p><b>Urban Grab and Go</b></p>	<p><b>Urban Grab and Go</b></p>	<p><b>Urban Grab and Go</b></p>	<p><b>Urban Grab and Go</b></p>	<p><b>Urban Grab and Go</b></p>
<p><b>Dessert of the Day</b> Blueberry Cake Prepared Fruit Pots Mixed Fruit Yoghurt Pots  (Vegan, DF and GF available)</p>	<p><b>Dessert of the Day</b> Banoffee Pie Prepared Fruit Pots Whole Fruit Mixed Fruit Yoghurt Pots  (Vegan, DF and GF available)</p>	<p><b>Dessert of the Day</b> Lemon Drizzle Cake Prepared Fruit Pots Mixed Fruit Yoghurt Pots Whole Fruit  (Vegan, DF and GF available)</p>	<p><b>Dessert of the Day</b> Berry Cheesecake Prepared Fruit Pots Mixed Fruit Yoghurt Pots Whole Fruit  (Vegan, DF and GF available)</p>	<p><b>Dessert of the Day</b> Selection of Jelly Pots Prepared Fruit Pots Mixed Fruit Yoghurt Pots Whole Fruit  (Vegan, DF and GF available)</p>

For weeks commencing: 5 May, 2 June, 23 June