

CUC MENU

MENU CYCLE WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday
<p>SAUSAGE AND MASH WITH GRAVY Fresh Halal sausages oven cooked finished with gravy and served with mash.</p>	<p>CHICKEN GYROS Fresh chicken cooked seasoned and mixed with Mediterranean spices, onions and peppers served with pitta or flatbread.</p>	<p>SWEET CHILLI CHICKEN PASTA Fresh chicken cooked seasoned and coated in Cajun spice, chopped tomatoes then mixed with pasta topped with cheese and finished in the oven.</p>	<p>SPICY MINCED BEEF BURRITO Fresh minced beef cooked and combined with Mexican spices, peppers, onions, chopped tomatoes then placed in a tortilla wrap and topped with cheese.</p>	<p>HOMEMADE BATTERED COD Cod fillets coated in a homemade batter and fried served with chips or salt & pepper chips.</p>
OR				
<p>STICKY MAPLE & SWEET CHILLI CHICKEN Fresh chicken pieces skewered and coated in a maple syrup and sweet chilli glaze baked in the oven and served with a pitta or flat bread.</p>	<p>BEEF HOT POT Fresh minced beef cooked with onions gravy and herbs topped with sliced potato then finished in the oven.</p>	<p>SCOUSE Fresh pieces of beef slowed cooked until tender combined with onions, carrots, celery and gravy.</p>	<p>SALT & PEPPER CHICKEN Fresh boneless chicken thighs coated in a salt & pepper crumb and cooked with onions and peppers.</p>	<p>CHICKEN BURGER</p>
				OR
				BEEF BURGER
VEGETARIAN OPTION				
<p>QUORN SAUSAGE VEGETABLES AND MASH Quorn sausage and vegetables cooked then combined and served with gravy.</p>	<p>VEGETABLE LENTIL CURRY Fresh vegetables combined with herbs, Indian spices, chopped tomato and lentils. Served with rice.</p>	<p>VEGETABLE TEMPURA WITH SWEET & SOUR SAUCE Fresh vegetables coated in a tempura batter cooked until crisp, served alongside sweet & sour sauce.</p>	<p>QUORN SAUSAGE CASSEROLE Fresh Quorn sausage and vegetables seasoned and cooked then combined with herbs and chopped tomatoes.</p>	<p>VEGETARIAN BURGER Fresh vegetables combined together and coated in breadcrumbs. *not vegan</p>
A selection of seasonal vegetables or mixed salad served daily with any main meal				
OR				
DAILY ALTERNATIVES				
A selection of sandwiches, wraps, hot & cold snacks and jacket potatoes will be available daily.				
FOR DESSERT				
A selection of home bakery items available everyday: biscuits and cakes A selection of fresh fruit or fruit pots are also available everyday				

CUC MENU

MENU CYCLE WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday
<p>CHINESE CHICKEN CHICKPEA CURRY Fresh chicken pieces cooked and combined with curry sauce and chick peas. Served with rice.</p>	<p>BRAISED BEEF STEAK Fresh beef braised until tender finished in the oven with onions and gravy.</p>	<p>CAJUN CHICKEN FAJITA Fresh chicken cooked with Cajun spices onions and peppers Served with a tortilla wrap.</p>	<p>ITALIAN BEEF LASAGNE Fresh beef mince cooked with onions, garlic, tomatoes and herbs layered between sheets of lasagne, topped with a bechamel sauce, cheese and baked in the oven.</p>	<p>HOMEMADE BATTERED COD Cod fillets coated in a homemade batter and fried served with steak chips or salt & pepper chips.</p>
OR				
<p>BEEF BOLOGNAISE Fresh beef mince cooked with onions, garlic, tomatoes and herbs served with fresh cooked pasta.</p>	<p>JAMACAIN JERK CHICKEN Fresh chicken thighs coated in Jamaican marinade then finished in the oven.</p>	<p>SAUSAGE & YORKSHIRE PUDDING Fresh halal sausages cooked in the oven served with a Yorkshire pudding alongside gravy and mushy peas.</p>	<p>SALMON WITH MIXED VEGETABLE & RICE Fresh fish combined with vegetables and rice seasoned to taste.</p>	<p>CHICKEN BURGER</p>
				OR
				BEEF BURGER
VEGETARIAN OPTION				
<p>VEGETABLE PAELLA Fresh vegetables cooked in a pan with herbs and spices and combined with rice</p>	<p>SPANISH TORTILLA Fresh eggs combined with potatoes and onions finished in the oven.</p>	<p>MIXED BEAN VEGETABLE BURRITO Fresh vegetables combined with mixed beans, Cajun spice and tomatoes placed into a wrap topped with cheese and finished in the oven.</p>	<p>VEGETABLE LASAGNE Fresh vegetables cooked with herbs onions, garlic, tomatoes layered between sheets of lasagne topped with bechamel sauce, cheese and baked in the oven.</p>	<p>VEGETARIAN BURGER Fresh vegetables combined together and coated in breadcrumbs. *not vegan</p>
A selection of seasonal vegetables or mixed salad served daily with any main meal				
OR				
DAILY ALTERNATIVES				
A selection of sandwiches, wraps, hot & cold snacks and jacket potatoes will be available daily.				
FOR DESSERT				
A selection of home bakery items available everyday: biscuits and cakes A selection of fresh fruit or fruit pots are also available every day.				

CUC MENU

MENU CYCLE WEEK 3

Monday	Tuesday	Wednesday	Thursday	Friday
<p>SPICY BEEF PASTA Fresh beef mince cooked with onions, peppers and tomatoes combined with spices and kidney beans mixed with pasta and topped with cheese.</p>	<p>SPAINSH CHICKEN Fresh chicken cooked with peperoni, mixed beans, onions, chopped tomatoes and herbs. Served with rice.</p>	<p>ROAST CHICKEN DINNER A home roasted chicken served with roast potatoes, fresh vegetables and gravy.</p>	<p>CHICKEN & SAUSAGE JAMBALAYA Fresh chicken and sausages cooked and combined with herbs and spices, mixed beans combined with tomatoes and finished with rice.</p>	<p>HOMEMADE BATTERED COD Cod fillets coated in a homemade batter and fried served with steak chips or salt & pepper chips</p>
<p>SOUTHERN FRIED CHICKEN WRAP Southern fried mini chicken fillets served in a tortilla wrap.</p>	<p>MEAT & POTATO PIE Fresh minced beef cooked with onions, carrots, celery and swede combined with herbs and gravy finished with a pie top and cooked until golden.</p>	<p>BEEF TAGINE Fresh beef slow cooked until tender combined with spices, onions, peppers and tomatoes.</p>	<p>KATSU POPCORN CHICKEN Fresh boneless popcorn chicken coated in a breadcrumb and served alongside katsu sauce.</p>	<p>CHICKEN BURGER</p>
				<p>OR</p>
				<p>CHICKEN OR BEEF BURGER</p>
VEGETARIAN OPTION				
<p>QUORN CHILLI Fresh Quorn mince cooked with garlic onions, peppers and tomatoes combined with spices and kidney beans. Served with rice.</p>	<p>QUORN COTTAGE PIE Fresh vegetables and Quorn cooked with garlic and herbs then topped with mash potato.</p>	<p>QUORN ROAST Fresh Quorn fillet steamed until tender then finished in the oven.</p>	<p>VEGETABLE QUORN QUESEDILLA Fresh vegetables and Quorn, mixed beans cooked and combined with Mexican spices placed into a wrap and topped with cheese.</p>	<p>VEGETARIAN BURGER Fresh vegetables combined together and coated in breadcrumbs. *not vegan</p>
A selection of seasonal vegetables or mixed salad served daily with any main meal				
OR				
DAILY ALTERNATIVES				
A selection of sandwiches, wraps, hot & cold snacks and jacket potatoes will be available daily.				
FOR DESSERT				
A selection of home bakery items available everyday: biscuits and cakes A selection of fresh fruit or fruit pots are also available everyday				