








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# YOUR WEEKLY MENU








## MONDAY

-  Thyme Roasted Chicken w/ Sweet Chilli Glaze
-  Sweet Potato & Vegetable Tagine Vegan
-  Roasted Vegetables & Mediterranean infused Cous Cous
-  Pasta King Daily Specials Margarita Hand Stretched Pizza
-  Falafel & Houmous Pitta
-  Cajun Mosquitos
-  Blueberry Muffin

## TUESDAY

-  Bacon, Pesto & Mushroom Carbonara Linguine
-  Spinach & Potato Frittata
-  Garlic Bread & Zesty Broccoli
-  Pasta King Daily Specials Margarita Hand Stretched Pizza
-  Cheesy Chicken Sub
-  Moroccan Pita
-  Peach Melba Crumble & Custard








## WEDNESDAY

-  Roast Loin of Pork, Apple Sauce Sage & Onion Stuffing w/ Gravy
-  Sweet Potato & Lentil Filo Wellington Vegan
-  Roasted Potatoes, Baton Carrots & Green Beans
-  Pasta King Daily Specials
-  BBQ Pulled Pork Roast Baguette
-  Spicy Chicken Caesar Wrap
-  Apple Tart Tartin & Ice cream

## THURSDAY

-  Red Thai Curry Chicken Meatballs
-  Thai Spiced Sweetcorn Burger Vegan & Potato Wedges
-  Peas & Basmati Rice
-  Pasta King Daily Specials Margarita Hand Stretched Pizza
-  Chicken Kiev Quesadilla
-  Meatball Slider
-  Lemon & Lime Drizzle

## FRIDAY

-  Battered Fillet of Fish / Taste of Suffolk Sausage
-  Falafel & Spinach 1/4 Pounder Vegan
-  Chips, Baked Beans & Crushed Minted Peas
-  Pasta King Daily Specials
-  Dirty Wedges Tomato Salsa & Cheese
-  Southern Fried Crispy Burger
-  Chocolate Cake

### Allergen Information:








Please ask a member of staff if you require information on the ingredients in the food we serve.

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



# YOUR WEEKLY MENU

## MONDAY

-  Mexican Beef Chilli & Sour Cream
-  Summer Vegetable Tostada Vegan
-  Lime Scented Rice & Roasted Vegetables
-  Pasta King Daily Specials
-  Pepperoni Pizza Panini
-  Cajun Mosquitos
-  Churros & Chocolate Sauce








## TUESDAY

-  Chinese Szechuan Chicken & Broccoli
-  Classic Sweet & Sour Vegetables Vegan
-  Plain Chow Mein Noodles
-  Pasta King Daily Specials Margarita Hand Stretched Pizza
-  Sloppy Joe Hot dog
-  Moroccan Pita
-  Coconut & Jam Macaroon Slice








## WEDNESDAY

-  Roast Honey Glazed Gammon w/ Grilled Pineapple
-  Roasted Summer Vegetable Gratin Vegan
-  Roasted Potatoes, Baton Carrots & Cauliflower Cheese
-  Pasta King Daily Specials
-  Roasted Gammon & Cheese Baguette
-  Spicy Chicken Caesar Wrap
-  Eton Mess Cheesecake

## THURSDAY

-  Three Cheese Meatball Lasagne
-  Mature Cheddar Bubble & Squeak Cakes
-  Broccoli & Baton Carrots
-  Pasta King Daily Specials Margarita Hand Stretched Pizza
-  Jerk Chicken Rice Pot
-  Meatball Slider
-  Sticky Toffee Pudding & Butterscotch Sauce

## FRIDAY

-  Battered Fish Fillet / Taste of Suffolk Sausage
-  Vegan Sausage Roll
-  Chips, Baked Beans
-  Pasta King Daily Specials
-  Cajun Salmon Goujon Wrap
-  Southern Fried Crispy Burger
-  Chocolate Brownie

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# YOUR WEEKLY MENU

## MONDAY

- Creamy Chicken & Leek Pie
- Vegetable & Pesto Rose Tart
- Crushed New Potatoes, Baton Carrots & Peas
- Pasta King Daily Specials
- Vegetable & Bean Salsa Burger Vegan
- theo's** Cajun Mosquitos
- Sticky Gingerbread Cake

## TUESDAY

- Pork/Apple Burger w/ Gherkins & Classic Burger Sauce
- Macaroni Cheese
- Corn on the Cob, Herbed Potato Wedges
- Pasta King Daily Specials Margarita Hand Stretched Pizza
- Lamb Kofta Mint Yoghurt
- theo's** Moroccan Pita
- All American Apple Pie & Ice Cream

## WEDNESDAY

- Roast Chicken with Sage & Stuffing w/ Gravy
- Cumberland Vegan Toad in Hole
- Roasted Potatoes, Baton Carrots & Braised Red Cabbage
- Pasta King Daily Specials
- Roasted Chicken & Stuffing Baguette
- theo's** Spicy Chicken Caesar Wrap
- Frosted Carrot Cake

## THURSDAY

- Lamb Keema & Potato Curry
- Onion Bhaji Burger w/ Sweet Potato Wedges
- Pilau Rice, Cauliflower Florets & Peas
- Pasta King Daily Specials Margarita Hand Stretched Pizza
- Buffalo Chicken Pasty
- theo's** Meatball Slider
- Banoffe Pie

## FRIDAY

- Battered Fish Fillet / Taste of Suffolk Sausage
- Vegan Vegetable Spring Sweet Chilli Vege Noodles
- Chips, Baked Beans & Crushed Minted Peas
- Pasta King Daily Specials
- Cheese & Ham Panini
- theo's** Southern Fried Crispy Burger
- Chocolate Fudge Slice Chocolate Cake

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