

# Hot Service Counter menu

## Week 1

## Theme Chinese

TRAYS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Soup</b>	Lentil Kcal – 194	Tomato Kcal - 83	Lentil Kcal – 194	Chicken Noodle Kcal - 73	Cream of Mushroom Kcal - 315
<b>Red Tray</b>	Macaroni Cheese Kcal 489 with Garlic Bread Kcal 145	BBQ Chicken Breast Kcal 32 Sweet Potato Mash Kcal 65 & Green Beans	Hoi Sin Beef  Kcal – 157	Roast Gammon  Kcal - 115	Fish  Kcal - 177
<b>Blue Tray</b>	Various Pizza Kcal 256 Based on Cheese and Tomato with Garlic Bread Kcal 145	HM Veggie Burger in a Bun with Salad Kcal 520 and New Potato Salad Kcal 79	Savoury Egg Fried Rice  Kcal - 302	Quorn Roast  Kcal 78	Roasted Vegetable Tart  Kcal - 125
<b>Shared Accomp</b>			Chinese Curry Sauce Kcal 38	Mash Potatoes Kcal 99 Seasonal Vegetables Pineapple/Peaches	, Chips Kcal 130 Peas Kcal 43 Baked Beans Kcal 82
<b>Fresco Bar</b>	Steak Bake Kcal 341 Curry Pot Kcal 388 Based on Chicken Korma	Various Pie Shells Kcal 234 Based on steak pie Pasta Pot Kcal 320	Various Pizza Kcal 256 Based on Cheese and Tomato Steak and Onion Baguette Kcal 519	Chicken Goujon Kcal 243 Cheeseburger Kcal 588	Vegetable Noodles Kcal 109 Posh Dog Kcal 509

# Week 2

# Theme Indian

TRAYS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Soup</b>	Vegetable Kcal 68	Lentil Kcal 194	Tomato Kcal 83	Lentil Kcal 194	Split Pea Kcal 55
<b>Red Tray</b>	Pork Sausages Kcal 197 with Mashed Potatoes Kcal 99 Baked Beans Kcal 82	Butter Chicken Curry Kcal 189	Roast Beef & Yorkshire Pudding Kcal 430	Teriyaki Salmon with Noodles & Vegetables Kcal 169	Cheese Burger Kcal 588
<b>Blue Tray</b>	Creamy Tagliatelle Kcal 273 & Cheesy Bread Kcal 130	Bhaji, Pakora, Samosa Kcal 272	Vegetarian Sausages Kcal 179	Spicy Tomato Pasta Kcal 289 with Garlic Bread Kcal 145	French Bread Pizza Kcal 291
<b>Shared Accomp</b>		Spiced Onions Kcal 33 Naan Bread Kcal 89 Pilau Rice Kcal 226 Pakora Sauce Kcal 12	New Potatoes Kcal 79 Seasonal Vegetables		Curly Fries Kcal 130 Salad
<b>Fresco Bar</b>	Various Pizza Kcal 256 Based on Cheese and Tomato Tandoori Chicken Naan Kcal 313	Spicy Rice Kcal 253 Sausage Roll Kcal 433	Mack Shack Kcal 489 Based on plain Macaroni (Various Toppings) Chicken Fajita Kcal 344	Chicken Burger Kcal 406 Pasta King Burrito Kcal 314 based on BBQ Pork	Italian Chicken Melt Kcal 443 Quiche Kcal 261

# Week 3

# Theme Mexican

TRAYS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Soup</b>	Lentil <b>Kcal 194</b>	Tomato & Basil <b>Kcal 158</b>	Chicken & Rice <b>Kcal 101</b>	Lentil <b>Kcal 194</b>	Carrot & Coriander <b>Kcal 87</b>
<b>Red Tray</b>	Fish Fingers Wrap with Garlic Mayo, <b>Kcal 437</b> Salad & French Fries <b>Kcal 130</b>	Piri Piri Chicken <b>Kcal 84</b> with Rocket Rice & Pea Salad <b>Kcal 252</b>	Shredded Chilli Beef & Noodles With Sweet Chilli Sauce <b>Kcal 283</b>	Roast Turkey, Stuffing with Gravy <b>Kcal 144</b> Potatoes <b>Kcal 79</b> & Seasonal Vegetables	Posh Dogs <b>Kcal 509</b> Based on a topping of Chilli
<b>Blue Tray</b>	Macaroni Cheese, <b>Kcal 489</b> French Fries <b>Kcal 130</b> & Peas <b>Kcal 43</b>	Tortilla Stack (Quorn Chilli) & Seasonal Salad <b>Kcal 312</b>	Baked Potatoes <b>Kcal 163</b> with a Variety of fillings & Salad Cheese <b>Kcal 165</b> Tuna Mayo <b>Kcal 58</b> Baked Beans <b>Kcal 82</b>	Arrabiata Pasta Bake & Salad <b>Kcal 303</b>	Margarita Pizza <b>Kcal 256</b>
<b>Shared Accomp</b>					Paprika Chips & Crispy Summer Salad <b>Kcal 246</b>
<b>Fresco Bar</b>	¼ Pounder Beef Burger <b>Kcal 535</b> Vegetable Noodle Pot <b>Kcal 106</b>	Beef Chilli Pot <b>Kcal 333</b> Bacon, Brie & Cranberry Ciabatta <b>Kcal 448</b>	Various Cone Bakes <b>Kcal 271</b> Based on a filling of chilli and rice	Spicy Chicken Wrap <b>Kcal 488</b> Various Pizza <b>Kcal 256</b> Based on cheese and tomato pizza	Savoury Rice and Korma Sauce <b>Kcal 441</b> Steak & Onion Baguette <b>Kcal 519</b>

# Week 4

TRAYS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Soup</b>	Lentil <b>Kcal 194</b>	Carrot & Sweet Potato <b>Kcal 76</b>	Lentil <b>Kcal 194</b>	Cream of Country Vegetable & Chicken <b>Kcal 77</b>	Lentil <b>Kcal 194</b>
<b>Red Tray</b>	Beef Curry with Rice <b>Kcal 350</b> and Naan Bread <b>Kcal 68</b>	Sausage Roll <b>Kcal 346</b> Chips <b>Kcal 130</b> and Baked Beans <b>Kcal 82</b>	Chicken <b>Kcal 217</b> Egg Fried Rice <b>Kcal 299</b> Sweet & Sour Sauce <b>Kcal 101</b>	Minced Beef & Onion Pie <b>Kcal 324</b> Mashed Potatoes <b>Kcal 99</b> & Vegetable Medley, (Baby Carrots, Green Beans, Sweetcorn)	Breaded Fish <b>Kcal 177</b>
<b>Blue Tray</b>	Mediterranean Pasta Bake <b>Kcal 304</b> with Garlic Bread <b>Kcal 145</b>	Sweet Chilli Vegetables With Noodles <b>Kcal 109</b>	Cauliflower & Broccoli Cheese <b>Kcal 287</b> with Garlic Baguette <b>Kcal 105</b>	Potato Cakes with Spicy Tomato Salsa <b>Kcal 218</b> Green Salad	Quorn Burgers <b>Kcal 278</b>
<b>Shared Accomp</b>					Chips <b>Kcal 130</b> & Peas <b>Kcal 43</b> or Coleslaw <b>Kcal 57</b>
<b>Fresco Bar</b>	French Bread Pizza <b>Kcal 291</b> Quesadillas <b>Kcal 606</b>	Chicken, Bacon & Cheese Toastie <b>Kcal 475</b>  Vegetarian Burger <b>Kcal 511</b>	Meatball Sub <b>Kcal 560</b> Potato Skins with Sour Cream & Spicy Salsa <b>Kcal 537</b>	Cone Bake <b>Kcal 271</b> Chicken Korma Pot <b>Kcal 388</b>	Jumbo Sausage Roll <b>Kcal 433</b> Noodles with Sweet Chilli Breaded Chicken <b>Kcal 283</b>