

FRESH SEASONAL  
VEGETABLES  
AVAILABLE DAILY

# YOUR MENU

## WEEK ONE

|  | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|--|---|--|--|--|--|
| <b>TILLER &amp; HOBS</b><br>PRESENTS<br> | <b>Meal Deals</b><br>Sausage & Mash<br>Served with Gravy & Vegetables<br>Inc choice of Dessert                                 | <b>Meal Deals</b><br>Mac & Cheese<br>Served with Veg, Slaw & Edamame Beans<br>Inc choice of Dessert  | <b>Meal Deals</b><br>Roast Turkey<br>Served with Gravy, Roast Potatoes & Medley of Cauliflower /veg<br>Inc choice of Dessert                      | <b>Meal Deals</b><br>Lamb Keema Curry<br>With rice, veg & Slaw<br>Inc choice of Dessert   | <b>Meal Deals</b><br>Fish Fingers<br>Served with Chips, Peas & Slaw<br>Inc choice of Dessert   |
|  | <b>Quorn Vegan Sausage</b><br>Served with Gravy & Veg<br>Inc choice of Dessert   | <b>Sweet &amp; Sour Veggie balls</b><br>Served with Rice or Noddle's<br>Inc. choice of Dessert    | <b>Veg &amp; Lentil Roast</b><br>Served with Gravy, Roasst Potatoes & Cauliflower/veg<br>Inc. choice of Dessert  | <b>Chickpea Curry</b><br>With Rice, veg & slaw<br>In choice of Dessert   | <b>Bean Burger</b><br>with Chips, Pease & slaw<br>Inc choice of Dessert   |
|   | <br><b>Black Bean Rice</b><br>With Salad  | <br><b>The Oriental</b><br>Served with Wedges & Salad  | <br><b>Korean Aubergine</b><br>Served with Wedges & Salad  | <br><b>Cajun Sweet Potato</b><br>Served with Wedges & Salad  | <br><b>Boston Bacon Bean Loaded Fries</b><br>With Salad  |
|  | <br><b>Jam &amp; Coconut Sponge</b><br>with Custard or cookie or Piece of Fruit  | <b>Apple Crumble</b><br>with Custard or cookie or Piece of Fruit   | <b>Chocolate Cake</b><br>with Chocolate sauce or Piece of Fruit  | <b>Sticky Toffee Loaf</b><br>with Custard or cookie or Piece of Fruit  | <b>Pineapple Sponge</b><br>with Custard or cookie or Piece of Fruit  |

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| <b>TILLER &amp; HOBS</b><br>PRESENTS<br> | <b>Meal Deals</b><br>Korean BBQ Chicken Meatballs with Wedges, Slaw & sweetcorn<br>Inc choice of Dessert | <b>Meal Deals</b><br>Lamb Spaghetti Bolognese with Garlic Bread & Sides<br>Inc choice of Dessert | <b>Meal Deals</b><br>Jerk Chicken Thigh with Gravy, Potatoes & Veg<br>Inc choice of Dessert | <b>Meal Deals</b><br>Caribbean Chicken Curry Served with Rice & Veg/Corn<br>Inc choice of Dessert | <b>Meal Deals</b><br>Breaded Fish Served with Chips, Peas & Slaw<br>Inc choice of Dessert                        |
|  | <b>Veggie Meatballs</b><br>Served with soyabeans, Asian cucumber<br>Inc choice of Dessert                | <b>Mexican Veggie Burrito</b><br>Served with Garlic Bread or & Mexican savoury rice              | <b>Quorn Roast</b><br>Served with Gravy Potatoes, carrots & Broccoli                        | <b>Caribbean Vegetable Curry</b><br>Served with Rice & Veg/Corn                                   | <b>Bean Burger</b><br>Served with with Chips, Peas & Slaw or Nachos & Guacamole cheese<br>Inc. choice of Dessert |
|  | <b>WRAPTASTIC</b><br>Cajun Sweet Potato<br>Asian Cucumber<br>Soya Beans & Salad                          | <b>WEDGES RELOADED</b><br>Tomato Salsa wedges<br>Nachos<br>Guacamole & Salad                     | <b>SUB CLUB</b><br>Sweet Chilli Tuna Melt<br>coleslaw & salad                               | <b>TOP DOG</b><br>Cajun Dog with Wedges<br>with Salad   | <b>SUPER BOWL</b><br>Indian Rice Bowl<br>lemon & mint dressing BBQ<br>Beans & Salad                              |
|  | <b>JUST DESSERTS</b><br>Pear & Banana crumble with Custard or cookie<br>or Piece of Fruit                | Apple & Berry Sponge with Custard or cookie<br>or Piece of Fruit                                 | Lemon Drizzle Cake with Custard or cookie<br>or Piece of Fruit                              | Apple Crumble with Custard or cookie<br>or Piece of Fruit   | Chocolate Rice Crispy Cake with Custard or cookie<br>or Piece of Fruit   |

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| <b>TILLER &amp; HOBS</b><br>PRESENTS<br> | <b>Meal Deals</b><br><b>Lamb or chicken Lasagne</b><br>With Salad, Veg & Slaw<br>Inc choice of Dessert<br><br> | <b>Meal Deals</b><br><b>Chicken &amp; Veg Pie</b><br>Served with Mash Gravy & Sweetcorn & Broccoli<br>Inc choice of Dessert<br><br> | <b>Meal Deals</b><br><b>Roast Chicken</b><br>Served with Gravy Potatoes & Vegetables<br>Inc choice of Dessert<br><br> | <b>Meal Deals</b><br><b>Chicken Tikka curry</b><br>Served with Rice, Red Cabbage & Veg<br>Inc choice of Dessert<br><br> | <b>Meal Deals</b><br><b>Battered Fish</b><br>Served with Chips, Peas & slaw<br>Inc choice of Dessert<br><br> |
|  | <b>Veggie Lasagne</b><br>With Salad, Veg & Slaw<br>Inc choice of Dessert<br><br>                               | <b>Quorn Mince &amp; Veg Pie</b><br>Mash Gravy & Sweetcorn & Broccoli<br>Inc choice of Dessert<br><br>                              | <b>Veg Roast</b><br>Served with Gravy Potatoes & Vegetables<br>Inc choice of Dessert<br><br>                          | <b>Vegetable Tikka</b><br>Served with Rice & Veg<br>In choice of Dessert<br><br>  | <b>Quorn Nuggets</b><br>Served with Chips, Peas & slaw<br>Inc choice of Dessert<br><br>                      |
|  | <b>SUPER BOWL</b><br><b>BBQ Rice Bowl</b><br>With Salad<br><br>  | <b>SUB CLUB</b><br><b>Mediterranean Vegetable</b><br>with Wedges & Salad<br><br>  | <b>TOP DOG</b><br><b>Mexican Dog</b><br>Served with Wedges & Salad<br><br>  | <b>SUPER BOWL</b><br><b>Indian Vegetable Rice Bowl</b><br>coleslaw salad, BBQ Baked Beans & Salad<br><br>               | <b>WEDGES RELOADED</b><br><b>Korean Fries</b><br>With Salad<br><br>  |
|  | <b>JUST DESSERTS</b><br><b>Courgette &amp; Lemon Muffin</b><br>with cookie or Piece of Fruit<br><br>           | <b>Eves Pudding</b><br>with Custard or cookie or Piece of Fruit<br><br>   | <b>Apple Crumble</b><br>with Custard or cookie or Piece of Fruit<br><br>  | <b>Pineapple Sponge</b><br>with Custard or cookie or Piece of Fruit<br><br>   | <b>Ice Cream</b><br>with Piece of Fruit<br><br>  |

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