

LUNCH MENU

Week One

MAIN MEAL
£2.30

MAIN MEAL
AND DESSERT
£2.58

Main
ONE

Main
TWO

Jacket
POTATO

Pasta
FROM £1.90

Wraps
FROM £2.20

Pots
FROM £1.50

Desserts

CONSCIOUS CUISINE MEATLESS MONDAY MAIN

Vegetarian Brunch:
Vegetable Sausage, Hash
Brown, Mushroom, Grilled
Tomato or Baked Beans

V / VE

Roasted Cauliflower and
Butternut Tikka with
Steamed Rice and
Naan Bread

VE

Cheese, Beans or
Tuna Mayo

Dartmoor Beef Bolognese
or Macaroni Cheese

Jerk Chicken and Lime
or Roasted Vegetable
and Hummus

Korean Rice Pot
VE

Banana Marble Cake

TUESDAY

Chicken, Sweet Potato
and Chickpea Curry with
Steamed Rice, Naan Bread
and a selection of Sides

Vegetable Hoisin Wrap
with Hand Cut Wedges and
Crunchy Slaw

VE

Cheese or Beans

Tomato and Basil or
Bacon Carbonara

Hoi Sin Duck and Crunchy
Slaw or Falafel and Minted
Yoghurt

Chicken Stir Fry Noodles

Chocolate Shortbread

WEDNESDAY

Devon Roast Beef with
Roast Potatoes, Seasonal
Vegetables and Gravy

Homity Pie with
Roast Potatoes, Seasonal
Vegetables and Gravy

V

Cheese, Beans or
Tuna Mayo

Chorizo and Tomato or
Roasted Vegetable
and Pesto

Tandoori Chicken or
Melted Mozzarella and
Tomato

Sweet and Sour
Vegetable Rice
VE

Syrup Sponge and Custard

THURSDAY

Traditional Brunch:
Devon Pork Sausage,
Bacon, Hash Brown and
Baked Beans

Roasted Vegetable
Lasagne with Garlic
Focaccia, Mixed Salad
and Slaw

V

Cheese or Beans

Macaroni Cheese or
Meatballs

BBQ Pulled Pork and
Slaw or Halloumi and
Basil Pesto

Hoi Sin Chicken
Noodles

Apple Flapjack

FRIDAY

Battered Fish, Salmon
Goujons or Devon Sausage
with Chips, Beans, Peas
or Curry Sauce

Homemade Vegetable
Sausage Roll with Chips,
Beans, Peas or Curry Sauce

V

Cheese, Beans or
Tuna Mayo

Chicken Pesto Pasta
or Tomato and Basil

Pulled Chimmichurri Beef
or Smokey Bean Chilli
and Mozzarella

Sweet Chilli Noodles
VE

Lemon Oaty Cookie

LUNCH MENU

Week Two

MAIN MEAL
£2.30

MAIN MEAL
AND DESSERT
£2.58

Main
ONE

Main
TWO

Jacket
POTATO

Pasta
FROM £1.90

Wraps
FROM £2.20

Pots
FROM £1.50

Desserts

CONSCIOUS CUISINE MEATLESS MONDAY MAIN

Vegetable Chilli with
Steamed Rice, Tortilla Chips
and Guacamole
VE

Cheese and Onion Tart
with New Potatoes and
Mixed Green Salad
V

Cheese, Beans or
Tuna Mayo

Dartmoor Beef Bolognese
or Macaroni Cheese

Jerk Chicken and Lime
or Roasted Vegetable
and Hummus

Korean Rice Pot
VE

Lemon Drizzle Cake

TUESDAY

Beef Lasagne with
Garlic Focaccia Bread and
Crunchy Slaw

Mediterranean Vegetable
Crumble with Hand cut
Wedges and Roasted Broccoli
VE

Cheese or Beans

Tomato and Basil or
Bacon Carbonara

Hoi Sin Duck and Crunchy
Slaw or Falafel and Minted
Yoghurt

Chicken Stir Fry Noodles

Chocolate Brownie

WEDNESDAY

Toad in the Hole with
Roast Potatoes, Seasonal
Vegetables and Gravy

Broccoli and Cauliflower
Gratin with Roast Potatoes,
Seasonal Vegetables
and Gravy
V

Cheese, Beans or
Tuna Mayo

Chorizo and Tomato or
Roasted Vegetable
and Pesto

Tandoori Chicken or
Melted Mozzarella and
Tomato

Sweet and Sour
Vegetable Rice
VE

Strawberry Mousse

THURSDAY

Chicken Shawarma with
Vegetable Rice and
Healthy Slaw

Mushroom and Vegetable
Biryani with Naan Bread
and Mango Chutney
VE

Cheese or Beans

Macaroni Cheese or
Meatballs

BBQ Pulled Pork and
Slaw or Halloumi and
Basil Pesto

Hoi Sin Chicken
Noodles

Carrot Cake

FRIDAY

Battered Fish or Devon
Sausage with Chips,
Beans, Peas or
Curry Sauce

Falafel and Minted
Yoghurt Pitta with Chips,
Beans, Peas or Curry Sauce
V

Cheese, Beans or
Tuna Mayo

Chicken Pesto Pasta
or Tomato and Basil

Pulled Chimmichurri Beef
or Smokey Bean Chilli
and Mozzarella

Sweet Chilli Noodles
VE

Pink Raspberry Flapjack

LUNCH MENU

Week Three

MAIN MEAL
£2.30

MAIN MEAL
AND DESSERT
£2.58

Main
ONE

Main
TWO

Jacket
POTATO

Pasta
FROM £1.90

Wraps
FROM £2.20

Pots
FROM £1.50

Desserts

CONSCIOUS CUISINE MEATLESS MONDAY MAIN

Mediterranean Ratatouille
with Steamed Rice and
Homemade Focaccia Bread
VE

Creamy Mushroom and Leek
Tagliatelle with Homemade
Focaccia Bread, Peas and
Sweetcorn
V

Cheese, Beans or
Tuna Mayo

Dartmoor Beef Bolognese
or Macaroni Cheese

Jerk Chicken and Lime
or Roasted Vegetable
and Hummus

Korean Rice Pot
VE

Jam and Coconut Sponge

TUESDAY

Hunters Chicken with
Baked Wedges and Roasted
Vegetables

Roasted Vegetable Fajita
with Sweet Potato Wedges
and Smoked Sweetcorn
VE

Cheese or Beans

Tomato and Basil or
Bacon Carbonara

Hoi Sin Duck and Crunchy
Slaw or Falafel and Minted
Yoghurt

Chicken Stir Fry Noodles

Chocolate Krispie Cake

WEDNESDAY

Roast Shoulder of Pork with
Roast Potatoes, Seasonal
Vegetables and Gravy

Yorkshire Pudding Cottage
Pie with Roast Potatoes,
Seasonal Vegetables
and Gravy
V

Cheese, Beans or
Tuna Mayo

Chorizo and Tomato or
Roasted Vegetable
and Pesto

Tandoori Chicken or
Melted Mozzarella and
Tomato

Sweet and Sour
Vegetable Rice
VE

Citrus Sponge

THURSDAY

Spicy Chicken Fajita
with 5 Bean Rice and
Pineapple Salsa

Sweet and Sour
Vegetables with Noodles
and Broccoli
VE

Cheese or Beans

Macaroni Cheese or
Meatballs

BBQ Pulled Pork and
Slaw or Halloumi and
Basil Pesto

Hoi Sin Chicken
Noodles

Apple Crumble and
Custard

FRIDAY

Battered Fish or Devon
Sausage with Chips,
Beans, Peas or
Curry Sauce

Cajun Bean Burger
with Chips, Beans, Peas
or Curry Sauce
V

Cheese, Beans or
Tuna Mayo

Chicken Pesto Pasta
or Tomato and Basil

Pulled Chimmichurri Beef
or Smokey Bean Chilli
and Mozzarella

Sweet Chilli Noodles
VE

Blueberry Muffin