

# THE KITCHEN

— *at Upton* —

## WEEK ONE MENU

### MONDAY

Homemade Chicken  
Curry, Rice & Naan  
Bread

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Veggie Curry, Rice  
& Naan Bread

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Pasta Cart

Deli

Baked Potato

### TUESDAY

Chicken Fajitas with  
soft tortilla, Salad,  
Guacamole, Sour  
Cream, Salsa &  
Cheese

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Vegatable Fajitas  
with soft tortilla,  
Salad, Guacamole,  
Sour Cream, Salsa &  
Cheese

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Pasta Cart

Deli

Baked Potato

### WEDNESDAY

Beef Burger with  
Potato Wedges &  
Beans

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Veggie Burger with  
Potato Wedges &  
Beans

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Pasta Cart

Deli

Baked Potato

### THURSDAY

Cheese & Tomato  
Pizza with Salad &  
Corn on the Cob

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Cheese & Pepperoni  
Pizza with Salad &  
Corn on the Cob

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Pasta Cart

Deli

Baked Potato

### FRIDAY

Southern Fried Cod  
goujons, Chips, Peas  
or Beans & Sweet  
Chilli Mayo

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Quorn Goujons,  
Chips, Salad & Sweet  
Chilli Sauce

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Pasta Cart

Deli

Baked Potato