

WEEK 1

THIS WEEK'S

MENU

	OPTION ONE	OPTION TWO	GRAB & GO
MON	<div>NOODLE BAR</div> <div>SATAY CHICKEN PHO 🍷</div>	<div>NOODLE BAR</div> <div>SPICED VEGETARIAN PHO 🌱 🍷</div>	<div>HOT DISHES:</div> <div>Paninis</div> <div>Pasta and Sauces</div> <div>Freshly Baked Pizza</div> <div>Jacket Potato and Toppings</div> <div>Sausage Muffin</div> <div>SALADS:</div> <div>Tuna and Sweetcorn Pasta Salad 🍷</div> <div>Pesto Pasta Salad 🌱 🍷</div> <div>Roasted Indian Chickpea Salad 🌱 🍷</div> <div>SANDWICHES/BAGUETTES:</div> <div>Egg Salad Sandwich 🌱</div> <div>Chicken Salad Sandwich</div> <div>Tuna Mayo Baguette</div> <div>BLT Baguette</div> <div>Ham Baguette</div> <div>WRAPS:</div> <div>Pepper and Houmous Wrap 🌱</div> <div>BBQ Chicken Wrap</div> <div>Chicken Caesar Wrap</div>
TUE	<div>BURGER BAR</div> <div>BEEF BURGER</div> <div>Served with Baked Garlic and Herb Wedges and Corn on the Cob</div>	<div></div> <div>VEGETABLE TIKKA MASALA 🌱 🍷 🌾</div> <div>Served with Wholegrain Rice</div>	
WED	<div>HOT DELI</div> <div>SPICY VIETNAMESE CHICKEN BANH MI BUN 🍷</div>	<div>HOT DELI</div> <div>STICKY BBQ QUORN PITTA 🌱</div>	
THURS	<div>STREET</div> <div>CHICKEN KATSU 🍷 🌾</div> <div>Served with Wholegrain Rice and Nut Free Satay Sweetcorn</div>	<div></div> <div>VEGETARIAN SAUSAGE AND MASH 🌱</div> <div>Served with Vegetables and Gravy</div>	
FRI	<div></div> <div>TENNESSEE CRISPY CHICKEN BURGER</div> <div>Served with Chips, Baked Beans and Peas</div>	<div>FRIDAY FAVOURITES</div> <div>VEGGIE BURGER 🌱</div> <div>Served with Chips, Baked Beans and Peas</div>	

🌱 Vegetarian

🌱🌾 Vegan

🐟 Oily Fish

🌾 Wholegrain



















🍷 Nutritionist's Choice

Our menu is subject to change.




















WEEK 2

THIS WEEK'S

MENU

	OPTION ONE	OPTION TWO	GRAB & GO
MON	<div>SPICE IS NICE</div> <div>CHICKEN TIKKA RICE BOX</div>	<div></div> <div>VEGETABLE CHOW MEIN  </div>	<div>HOT DISHES:</div> <div>Paninis</div> <div>Pasta and Sauces</div> <div>Bagel Pizza</div> <div>Sausage Muffin</div> <div>Jacket Potato and Toppings</div> <div>SALADS:</div> <div>Tuna and Sweetcorn Pasta Salad </div> <div>Pesto Pasta Salad   </div> <div>Roasted Indian Chickpea Salad  </div> <div>SANDWICHES/BAGUETTES:</div> <div>Egg Salad Sandwich </div> <div>Chicken Salad Sandwich</div> <div>Tuna Mayo Baguette</div> <div>Cheese Baguette</div> <div>Ham Baguette</div> <div>WRAPS:</div> <div>Chicken Tikka Wrap </div> <div>BBQ Chicken Wrap</div> <div>Chicken Caesar Wrap</div>
TUE	<div>TEX MEX</div> <div>MEXICAN BEEF ENCHILADA</div> <div>Served with Baked Garlic and Herb Wedges and Tex Mex Vegetables</div>	<div>TEX MEX</div> <div>VEGETABLE FAJITA  </div> <div>Served with Baked Garlic and Herb Wedges and Tex Mex Vegetables</div>	
WED	<div>HOT DELI</div> <div>ROAST GAMMON BAGUETTE</div> <div>Served with Roast Potatoes and Gravy</div>	<div>HOT DELI</div> <div>PERSIAN VEGETABLE PITTA</div> <div> </div>	
THURS	<div>PAN-ASIAN</div> <div>CHICKEN KOTTU ROTI BOX </div>	<div>PAN-ASIAN</div> <div>SOYA YAKISOBA  </div>	
FRI	<div>FRIDAY FAVOURITES</div> <div>SOUTHERN FRIED CHICKEN GOUJONS</div> <div>Served with Chips, Baked Beans and Peas</div>	<div>FRIDAY FAVOURITES</div> <div>CHEESE AND ONION SLICE </div> <div>Served with Chips, Baked Beans and Peas</div>	

WEEK 3 THIS WEEK'S MENU

	OPTION ONE	OPTION TWO	GRAB & GO
MON	FEASTIVAL JERK CHICKEN BURGER Served with Baked Spiced Wedges and Mixed Salad	FEASTIVAL TIGER BHAJI BURGER   Served with Baked Spiced Wedges and Mixed Salad	HOT DISHES: Paninis Pasta and Sauces Southern Fried Chicken Goujons Freshly Baked Pizza Jacket Potato and Toppings SALADS: Tuna and Sweetcorn Pasta Salad  Pesto Pasta Salad   Roasted Indian Chickpea Salad   SANDWICHES/BAGUETTES: Egg Salad Sandwich  Chicken Salad Sandwich Cheese and Pickle Baguette  Tuna Mayo Baguette BLT Baguette WRAPS: Pepper and Houmous Wrap  BBQ Chicken Wrap Chicken Caesar Wrap
TUE	PAN-ASIAN MANDARIN BBQ PORK  Served with Pineapple Rice and Nut Free Satay Sweetcorn	PAN-ASIAN SWEET AND SOUR VEGETABLES    Served with Pineapple Rice and Nut Free Satay Sweetcorn	
WED	HOT DELI PERSIAN CHICKEN KEBAB Served with Herby Diced Potatoes and Mixed Salad	HOT DELI STICKY BBQ PITTA  Served with Herby Diced Potatoes and Mixed Salad	
THURS	STREET FIRECRACKER BEEF	STREET TERIYAKI VEGETARIAN WRAP    Served with Wholegrain Rice	
FRI	FRIDAY FAVOURITES BATTERED FISH Served with Chips, Baked Beans and Peas	FRIDAY FAVOURITES PLANT BALL MARINARA MELT  Served with Chips, Baked Beans and Peas	