

MENU



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Meat Dish	Chicken & Spinach Curry With Jeera Rice & Naan Bread	Jerk Chicken with Spice BBQ Jerk Sauce & Rice & Peas	Minted Lamb Roast With Roasted New Potatoes	Classic Beef Lasagne With Garlic Bread & Fresh Mixed Salad	Breaded Fish With Chunky Chips
Vegetarian / Vegan Dish	Paneer & Pepper Curry with Jeera Rice & Naan Bread	Chickpea & Aubergine Tagine with Herby Couscous	Roasted Vegetable Quiche with Roasted New Potatoes	Quorn Lasagne with Garlic Bread & Fresh Mixed Salad	Fishless Fish Fingers with Chunky Chips
Sides	Green Beans Jeera Rice	Carrots Rice & Peas	Carrots & Green Beans Roasted New Potatoes	Mixed Salad Garlic Bread	Mushy Peas or Garden Peas Chunky Chips
Fast Favourites	Chicken Tikka Panini ~ Hot & Kicking Chicken Burger with Salad ~ Oven-Baked Wedges ~ Selection of freshly made Pizza	Crispy Sweet Chilli Chicken in a folded Naan Bread ~ Chicken Wings & Spicy Rice ~ Oven-Baked Cajun Ridge Fries ~ Selection of freshly made Pizza	Cheese & Pepperoni Panini ~ Southern Fried Chicken Strips with Oven Baked Wedges ~ Oven-Baked Potato Tots ~ Selection of freshly made Pizza	Tandoori Chicken Wrap with Mint Yoghurt & Salad ~ Crispy Sweet Chilli Chicken with Noodles ~ Oven-Baked Waffle Fries ~ Selection of freshly made Pizza	BBQ Chicken Filled Baguette ~ Hot & Spicy Chicken Wings with Oven-Baked Chips ~ Oven-Baked Chips ~ Selection of freshly made Pizza
Extras	Jacket Potatoes with fillings and Pasta Pots are available EVERY DAY — served with your choice of fresh salad or vegetables				

All mains, Grab & Go items, pizzas, pastas and rice pots cost £1.90 each, or can be bought as part of a Meal Deal for £2.80.

Meal Deal includes: 1 Main item or 1 Grab & Go item & 1 Traybake & 1 Drink (500ml flavoured water, 330ml flavoured water, or plain water)

Please note: Milk-based drinks and Juice Burst are not included in the Meal Deal.

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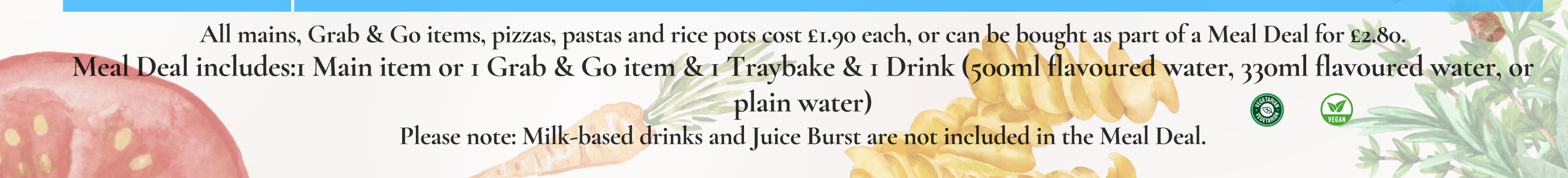


Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meat	Spicy Chicken Meatballs Marinara Pasta With Garlic Bread	Crispy Katsu Chicken With Noodles	Rich Beef & Onion Puff-Top Pie with Creamy Mashed Potato	BBQ Chicken Burger With Cajun Diced Potatoes & Coleslaw	Pepperoni Pizza With Skin-on Fries
Vegetarian	Mac & Cheese With Garlic Bread	Crispy Katsu Vegan Breaded Fillet With Noodles	Veggie Cottage Pie Bake with Cauliflower & Broccoli	Beetroot Burger With Cajun Diced Potatoes & Coleslaw	Margherita Pizza with Skin-on Fries
Vegetables / Sides	Garlic Bread Buttered Carrots	Green Beans Stir Fried Noodles	Cauliflower & Broccoli Creamy Mashed Potato	Coleslaw Cajun Diced Potatoes	Sweetcorn Skin-on Fries
Grab & Go	Chicken Tikka Panini	Crispy Sweet Chilli Chicken in a folded Naan Bread	Cheese & Pepperoni Panini	Tandoori Chicken Wrap with Mint Yoghurt & Salad	BBQ Chicken Filled Baguette
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	Hot & Kicking Chicken Burger with Salad	Chicken Wings & Spicy Rice	Southern Fried Chicken Strips with Oven Baked Wedges	Crispy Sweet Chilli Chicken with Noodles	Hot & Spicy Chicken Wings with Oven baked Chips
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	Oven-Baked Wedges	Oven-Baked Cajun Ridge Fries	Oven-Baked Potato Tots	Oven-Baked Waffle Fries	Oven-Baked Chips
	~	~	~	~	~
	Selection of freshly made Pizza	Selection of freshly made Pizza	Selection of freshly made Pizza	Selection of freshly made Pizza	
	Jacket Potatoes with fillings and Pasta Pots are available EVERY DAY — served with your choice of fresh salad or vegetables				

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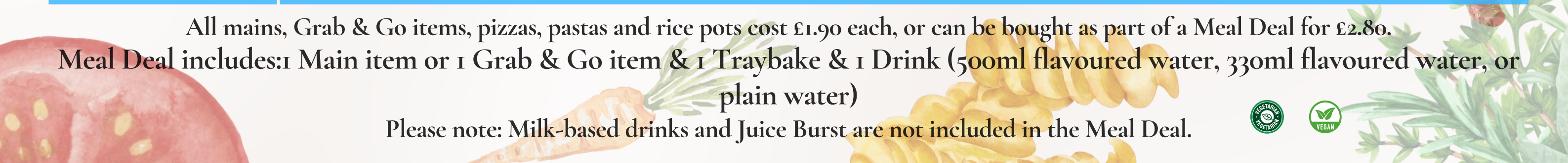
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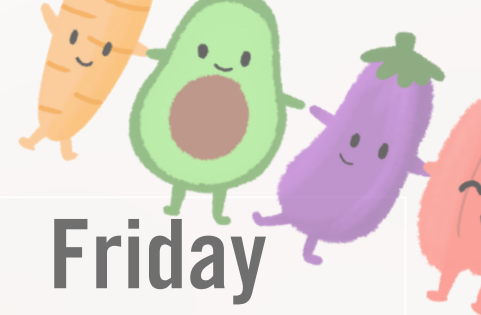
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meat	Butter Chicken Curry With Rice & Naan Bread	Hoisin Chicken with Stir-Fry Noodles	Roasted Pork or Halal Chicken with Sage & Onion Stuffing & Thyme Roast Potatoes	Lamb Chilli Con Carne With Rice & Tortilla Crisp	Crispy Chicken Burger With Skin on fries
Vegetarian	Butternut Squash & Bean Curry with Rice & Naan Bread	Sticky Hoisin Quorn Stir-Fry Noodles	Vegan Sausage with Thyme Roast Potatoes	Five Bean Chilli with Rice & Tortilla Crisps	Crispy Vegan Burger with Skin-on Fries
Vegetables / Sides	Rice Carrots	Stir-Fry Noodles Green Beans	Roasted Thyme Potatoes Green Cabbage & Peas	Rice Sweetcorn	Skin on fries Corn on the Cob
Grab & Go	Chicken Tikka Panini	Crispy Sweet Chilli Chicken in a folded Naan Bread	Cheese & Pepperoni Panini	Tandoori Chicken Wrap with Mint Yoghurt & Salad	BBQ Chicken Filled Baguette
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	Hot & Kicking Chicken Burger with Salad	Chicken Wings & Spicy Rice	Southern Fried Chicken Strips with Oven Baked Wedges	Crispy Sweet Chilli Chicken with Noodles	Hot & Spicy Chicken Wings with Oven baked Chips
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	Oven-Baked Wedges	Oven-Baked Cajun Ridge Fries	Oven-Baked Potato Tots	Oven-Baked Waffle Fries	Oven-Baked Chips
	~	~	~	~	~
	Selection of freshly made Pizza	Selection of freshly made Pizza	Selection of freshly made Pizza	Selection of freshly made Pizza	Selection of freshly made Pizza
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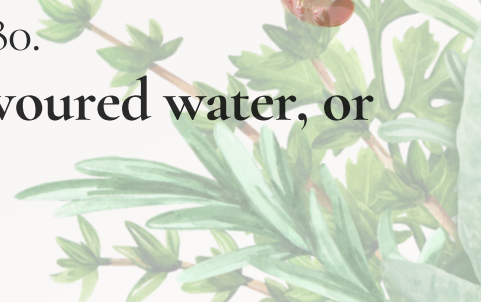
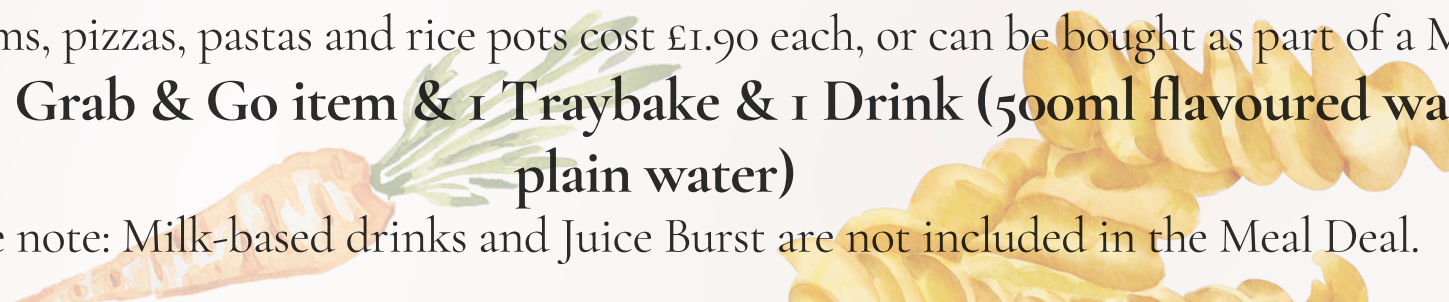


Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meat	Creamy Cajun Chicken Pasta With Garlic Bread	Chicken Tikka Masala Curry with Basmati Rice	Roasted Turkey with Crispy Roasted Garlic & Herb Potatoes	Beef & Black Bean Stir-Fry with Rice	Meat Feast Pizza With Skin-on Fries
Vegetarian	Cheesy Tomato & Basil Gnocchi Bake With Garlic Bread	Chickpea & Potato Curry With Basmati Rice	Roasted Quorn With Crispy Roasted Garlic & Herb Potatoes	Quorn Black Bean Stir-Fry With Rice	Vegetable Pizza With Skin-on Fries
Vegetables / Sides	Mixed Salad Garlic Bread	Green Beans Basmati Rice	Mixed Vegetable Crispy Roasted Garlic & Herb Potatoes	Green Beans Long Grain Rice	Skin-on Fries Sweetcorn
Grab & Go	Chicken Tikka Panini	Crispy Sweet Chilli Chicken in a Folded Naan Bread	Cheese & Pepperoni Panini	Tandoori Chicken Wrap with Mint Yoghurt & Salad	BBQ Chicken Filled Baguette
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	Hot & Kicking Chicken Burger with Salad	Chicken Wings & Spicy Rice	Southern Fried Chicken Strips with Oven Baked Wedges	Crispy Sweet Chilli Chicken with Noodles	Hot & Spicy Chicken Wings with Oven baked Chips
	~	~	~	~	~
	Oven-Baked Wedges	Oven-Baked Cajun Ridge Fries	Oven-Baked Potato Tots	Oven-Baked Waffle Fries	Oven-Baked Chips
	~	~	~	~	~
	Selection of freshly made Pizza	Selection of freshly made Pizza	Selection of freshly made Pizza	Selection of freshly made Pizza	Selection of freshly made Pizza
	Jacket Potatoes with fillings and Pasta Pots are available EVERY DAY — served with your choice of fresh salad or vegetables				

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Mid-Morning MENU



Mid-Morning	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Choice	Pork Sausage Rolls £1.40	Pepperoni Bagel £1.40	Bacon Bap £1.55	Pepperoni Pizza Bagel £1.30	Ham & Cheese Toastie £1.40
	Vegan Sausage Rolls £1.40	Cheese & Tomato Bagel £1.40	Cheese & Bean Wrap £1.40	Cheese & Tomato Bagel £1.30	Cheese & Bean Toastie £1.40
Snack	Buttered Toast 50p	Buttered Toast 50p	Hashbrown 50p	Buttered Toast 50p	Hashbrown 50p
	Pain au Chocolate £1.00	Nachos Pots From 95p	Croissants £1.00	Cinnamon Swirls £1.00	Sweet Waffles 95p
Extras	Fruit Pots 80p	Fruit Pots 80p	Fruit Pots 80p	Fruit Pots 80p	Fruit Pots 80p
	Fresh Fruit 50p	Fresh Fruit 50p	Fresh Fruit 50p	Fresh Fruit 50p	Fresh Fruit 50p
	Pre Wrapped Cookies £1.60	Pre Wrapped Cookies £1.60	Pre Wrapped Cookies £1.60	Pre Wrapped Cookies £1.60	Pre Wrapped Cookies £1.60
	Pre wrapped Flapjacks £1.60	Pre wrapped Flapjacks £1.60	Pre wrapped Flapjacks £1.60	Pre wrapped Flapjacks £1.60	Pre wrapped Flapjacks £1.60
	Pre Packed Muffins £1.40	Pre Packed Muffins £1.40	Pre Packed Muffins £1.40	Pre Packed Muffins £1.40	Pre Packed Muffins £1.40
	Crisps £1.20	Crisps £1.20	Crisps £1.20	Crisps £1.20	Crisps £1.20

Please note that all items during the mid-morning break are individually priced

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Menu items may occasionally vary due to supplier issues. We appreciate your understanding.

