

WEEKLY MENU - WEEK 1

ACT 1
ACT 2
ACT 3

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------|---------|-----------|----------|--------|
|--------|---------|-----------|----------|--------|

Choose 1 Main + 2 Sides + 1 Sauce or Dip

| | CHICKEN | GRILL | ITALIAN | CHICKEN | ORIGINALS |
|-----------------------------------|---|--|---|---|--|
| MAINS Choose 1 | Piri piri chicken Piri piri chicken wings | Freshly made beef burger, bun & salad Freshly made cheese burger, bun & salad | Spaghetti bolognese Deep pan pepperoni pizza | Southern baked chicken Southern baked chicken wrap | Freshly battered hoki OR Oven baked salmon nuggets Oven baked breaded pollack |
| or 1 Veggie | Piri piri Quorn stir fry | Quorn burger, bun & salad | Italian baked gnocchi | Southern baked Quorn fillets | Quorn hot dog |
| SIDES Choose 2 | Oven baked sweet potato wedges Roasted spicy half corn on the cob Coleslaw | Lightly spiced oven baked potato wedges Mixed salad Coleslaw | Freshly made parsley & garlic bread Tomato, onion & basil salad Green bean & carrot salad | BBQ baked beans House salad Red cabbage coleslaw salad | Oven baked chips Garden peas & carrots Coleslaw |
| SAUCES & DIPS Choose 1 | Light mayonnaise and salad dressing (available for all mains) | | | | |
| | Sweet sticky tabasco sauce Sweet chilli dipping sauce Piri piri dipping sauce | Tomato ketchup Burger relish American mild mustard sauce | Garlic & herb mayonnaise Freshly made tomato salsa Honey, mustard & lemon dressing | Sweet sticky tabasco sauce Sweet chilli dipping sauce BBQ dipping sauce | Tomato ketchup Tartare sauce BBQ dipping sauce |

| | MEXICAN | INDIAN | ORIGINALS | EASTERN | ORIGINALS |
|------------------------|--|---|--|---|--|
| MAINS Choose 1 | Chilli con carne Cajun spiced chicken fajita | Kerala chicken curry Chicken tikka stonebaked pizza | Grilled cumberland sausage Ciabatta sausage & tomato pizza | Moroccan beef chimichangas Moroccan chicken flat bread | Fish fingers OR Oven baked salmon nuggets BBQ chicken wings |
| or 1 Veggie | Three bean chilli | Sweet potato & chickpea curry | Grilled Quorn sausage | Moroccan vegetable tagine | Quorn hot dog, bun & salad |
| SIDES Choose 2 | Plain boiled white & brown rice Chilli & fresh lime broccoli Mixed salad | Braised turmeric rice Green salad with pickled cucumber Oven baked naan bread | Creamy mashed potato Garden peas & carrots Mixed salad | Braised rice Moroccan green pepper & tomato salad Moroccan chickpea & sweetcorn salad | Oven baked chips Garden peas & carrots Coleslaw |
| SAUCES Choose 1 | Light mayonnaise and salad dressing (available for all mains) | | | | |
| | Freshly made tomato salsa Sour cream Guacamole | Mango chutney Cucumber raita Mint & lime yoghurt dressing | Onion gravy Light mayonnaise Honey, mustard & lemon dressing | Lemon mayonnaise Mint & lime yoghurt dressing Moroccan yoghurt dressing | Tomato ketchup Tartare sauce BBQ dipping sauce |

Salad Pick 'n' Mix
Choose a range of mains, toppings, sauces, dressings and bread

| | | | | | |
|-------------------|--|---|--|---|---|
| SALAD MAIN | Mixed salad Coleslaw Roasted sweet pepper & pasta salad Simple beetroot salad | House salad Coleslaw Lightly spiced rice & pepper salad New potato salad | Green salad Simple roquette salad Tomato, onion & basil salad Green bean & carrot salad | Green salad Moroccan green pepper & tomato salad Moroccan green slaw Moroccan chickpea & sweetcorn salad | House salad Coleslaw Simple grated carrot salad New potato salad |
| TOPPING | Oven baked croutons, oven baked baguette croutons, baked tortilla croutons | | | | |
| SAUCE | Light mayonnaise, lemon mayonnaise, garlic & herb mayonnaise | | | | |
| DRESSING | Salad dressing, honey, mustard & lemon dressing, sesame soy dressing, sweet chilli dipping sauce | | | | |
| BREAD | A selection of freshly baked bread available daily | | | | |

Why not add a dessert to your meal?

| | |
|----------------|---|
| DESSERT | Choice of fresh red & green apples, oranges and bananas Seasonal fruit salad pot, black & green grape pot, mixed melon pot |
|----------------|---|



All our food is freshly prepared onsite, we use: **MSC assured Fish; Leaf produce and Red Tractor Meat.**
For information on allergens please speak to staff who will be happy to assist.



WEEKLY MENU - WEEK 2

ACT 1

ACT 2

ACT 3

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---------|-----------|----------|--------|
| Choose 1 Main + 2 Sides + 1 Sauce or Dip | | | | |

| | CHICKEN | ITALIAN | ORIGINALS | CHICKEN | ORIGINALS |
|--------------------------------------|---|-------------------------------------|---|---|-----------------------------------|
| MAINS Choose 1 | Southern baked chicken | Traditional lasagne | Roast pork bap | BBQ chicken | Freshly battered hoki OR |
| | Southern baked chicken burger, bun & salad | Chicken & bacon carbonara pasta box | Roast chicken bap | BBQ meatball calzone | Oven baked battercrisp cod fillet |
| or 1 Veggie | Southern baked Quorn burger, bun & salad | Deep pan margherita | Yorkshire pudding roast sweet potato wrap | BBQ pulled Quorn & red cabbage coleslaw bun | Oven baked breaded pollack |
| SIDES Choose 2 | Baked half jacket potato | Freshly made parsley & garlic bread | Sage & onion stuffing | Oven baked sweet potato wedges | Oven baked chips |
| | BBQ baked beans | Green bean & carrot salad | Roast potatoes & dipping gravy | Roasted spicy half corn on the cob | Garden peas & carrots |
| | Red cabbage coleslaw salad | Tomato, onion & basil salad | House salad | Coleslaw | House salad |
| SAUCES & DIPS Choose 1 | Light mayonnaise and salad dressing (available for all mains) | | | | |
| | Sweet sticky tabasco sauce | Garlic & herb mayonnaise | Apple Sauce | Sweet sticky tabasco sauce | Tomato ketchup |
| | Sweet chilli dipping sauce | Freshly made tomato salsa | Gravy | Sweet chilli dipping sauce | Tartare sauce |
| | BBQ dipping sauce | Honey, mustard & lemon dressing | Honey, mustard & lemon dressing | Piri piri dipping sauce | BBQ dipping sauce |

| | ASIAN | MEXICAN | INDIAN | ASIAN | ORIGINALS |
|---------------------------|---|------------------------------------|--|--|----------------------------|
| MAINS Choose 1 | Slow braised Chinese pork | Cajun spiced chicken fajita | Chicken jalfrezi | Korean stir fried chicken | Fish fingers OR |
| | Sweet & sour chicken | Spicy beef enchilada | Indian burrito chicken tikka & spinach | Vietnamese chicken rolls | Phat Pasty sausage roll 6" |
| or 1 Veggie | Sweet & sour beans & vegetables | Bean & vegetable fajita | Quorn jalfrezi | Korean stir fried vegetables & noodles | Deep pan margherita |
| SIDES Choose 2 | Braised rice | Roasted spicy half corn on the cob | Braised turmeric rice | Udon noodles | Oven baked chips |
| | Stir fry vegetables | Mixed salad | Oven baked naan bread | Stir fried Chinese leaf & bok choi | Garden peas & carrots |
| | Asian coleslaw salad | Coleslaw | Green salad with pickled cucumber | Korean green bean salad | House salad |
| SAUCES Choose 1 | Light mayonnaise and salad dressing (available for all mains) | | | | |
| | Dark soy sauce | Sour cream | Mango chutney | Dark soy sauce | Tomato ketchup |
| | Sesame soy dressing | Guacamole | Cucumber raita | Sesame soy dressing | Tartare sauce |
| | Kimchi dressing | Freshly made tomato salsa | Mint & lime yoghurt dressing | Kimchi dressing | BBQ dipping sauce |

| Salad Pick 'n' Mix | | | | |
|--|--|------------------------------------|------------------------------------|-----------------------------|
| Choose a range of mains, toppings, sauces, dressings and bread | | | | |
| SALAD MAIN | House salad | Mixed salad | House salad | Green salad |
| | Red cabbage coleslaw salad | Coleslaw | Tomato, red onion & carrot salad | Tomato, onion & basil salad |
| | Simple sweetcorn salad | Simple sweetcorn salad | Red cabbage coleslaw salad | Korean green bean salad |
| | Mixed bean salad | Roasted sweet pepper & pasta salad | Lightly spiced rice & pepper salad | Asian coleslaw salad |
| TOPPING | Oven baked croutons, oven baked baguette croutons, baked tortilla croutons | | | |
| SAUCE | Light mayonnaise, lemon mayonnaise, garlic & herb mayonnaise | | | |
| DRESSING | Salad dressing, honey, mustard & lemon dressing, sesame soy dressing, sweet chilli dipping sauce | | | |
| BREAD | A selection of freshly baked bread available daily | | | |

| Why not add a dessert to your meal? | |
|--|---|
| DESSERT | Choice of fresh red and green apples, oranges and bananas Seasonal fruit salad pot, black & green grape pot, mixed melon pot |



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WEEKLY MENU - WEEK 3

ACT 1
ACT 2
ACT 3

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

Choose 1 Main + 2 Sides + 1 Sauce or Dip

| | ASIAN | EASTERN | MEXICAN | INDIAN | ORIGINALS |
|---|---|---|--|---|---|
| MAINS Choose 1 | Thai pork & coconut Thai green chicken curry | Moroccan shredded chicken Moroccan chicken flatbread | Chilli con carne Cajun spiced chicken fajita | Chicken korma Chicken tikka stonebaked pizza | Freshly battered hoki OR Oven baked battercrisp cod fillet BBQ chicken wings |
| or 1 Veggie | Oriental vegetable noodle pot | Moroccan bean & Quorn falafel | Vegetarian chmichangas, sweet chilli sauce | Sweet potato & chickpea curry | Vegetable balti & rice curry pot |
| SIDES Choose 2 | Braised rice Stir fry vegetables Asian coleslaw salad | Braised rice Moroccan green pepper & tomato salad Moroccan chickpea & sweetcorn | Plain boiled white & brown rice Chilli & fresh lime broccoli Mixed salad | Braised turmeric rice Oven baked naan bread Green salad with pickled cucumber | Oven baked chips Garden peas & carrots House salad |
| Light mayonnaise and salad dressing (available for all mains) | | | | | |
| SAUCES & DIPS Choose 1 | Dark soy sauce Sesame soy dressing Kimchi dressing | Lemon mayonnaise Mint & lime yoghurt dressing Moroccan yoghurt dressing | Freshly made tomato salsa Sour cream Guacamole | Mango chutney Cucumber raita Mint & lime yoghurt dressing | Tomato ketchup Tartare sauce BBQ dipping sauce |

| | ITALIAN | CHICKEN | GRILL | CHICKEN | ORIGINALS |
|---|--|---|--|---|--|
| MAINS Choose 1 | Italian meat ball pasta box Spicy chicken pasta box | Southern baked chicken Southern baked chicken wrap | Plain hot dog Cheese & relish hot dog | Jerk chicken Jerk chicken wings | Fish fingers OR Oven baked salmon nuggets |
| or 1 Veggie | Deep pan margherita | Southern baked quorn fillets | Quorn hot dog | Jerk quorn fillet | Vegetable balti & rice curry pot |
| SIDES Choose 2 | Freshly made parsley & garlic bread Green salad Tomato, onion & basil salad | Baked half jacket potato BBQ baked beans House salad | Caramellised onion Mixed salad Coleslaw | Oven baked sweet potato wedges Roasted spicy half corn on the cob Mixed salad | Oven baked chips Garden peas & carrots House salad |
| Light mayonnaise and salad dressing (available for all mains) | | | | | |
| SAUCES Choose 1 | Garlic & herb mayonnaise Freshly made tomato salsa Honey, mustard & lemon dressing | Sweet sticky tabasco sauce Sweet chilli dipping sauce BBQ dipping sauce | Tomato ketchup Burger relish American mild mustard sauce | Sweet sticky tabasco sauce BBQ dipping sauce Piri piri dipping sauce | Tomato ketchup Tartare sauce BBQ dipping sauce |

Salad Pick 'n' Mix

Choose a range of mains, toppings, sauces, dressings and bread

| | | | | | |
|-------------------|--|---|--|---|---|
| SALAD MAIN | Green salad Simple roquette salad Tomato, onion & basil salad Green bean & carrot salad | Green salad Moroccan green pepper & tomato salad Moroccan green slaw Moroccan chickpea & sweetcorn salad | Mixed salad Coleslaw Roasted sweet pepper & pasta salad Simple beetroot salad | Mixed salad Coleslaw Lightly spiced rice & pepper salad Mixed bean salad | House salad Coleslaw Simple grated carrot salad New potato salad |
| TOPPING | Oven baked croutons, oven baked baguette croutons, baked tortilla croutons | | | | |
| SAUCE | Light mayonnaise, lemon mayonnaise, garlic & herb mayonnaise | | | | |
| DRESSING | Salad dressing, honey, mustard & lemon dressing, sesame soy dressing, sweet chilli dipping sauce | | | | |
| BREAD | A selection of freshly baked bread available daily | | | | |

Why not add a dessert to your meal?

| | |
|----------------|---|
| DESSERT | Choice of fresh red and green apples, oranges and bananas Seasonal fruit salad pot, black & green grape pot, mixed melon pot |
|----------------|---|



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WEEKLY MENU - WEEK 4

ACT 1

ACT 2

ACT 3

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------|---------|-----------|----------|--------|
|--------|---------|-----------|----------|--------|

Choose 1 Main + 2 Sides + 1 Sauce or Dip

| | ORIGINALS | CHICKEN | ITALIAN | CHICKEN | ORIGINALS |
|---|------------------------------------|---|-------------------------------------|---|--|
| MAINS Choose 1 | Cottage pie | Southern baked chicken | Traditional lasagne | BBQ chicken | Freshly battered hoki OR |
| | Mac n cheese box | Southern baked chicken wrap | Italian meat ball pasta box | BBQ chicken wings | Oven baked batterrisp cod fillet OR |
| or 1 Veggie | Vegetable & bean champ cottage pie | Southern baked Quorn burger bun & salad | Margherita calzone | BBQ pulled quorn & red cabbage coleslaw bun | Oven baked breaded pollack Zingy pepper pasta box |
| SIDES Choose 2 | Fresh broccoli florets | Baked half jacket potato | Freshly made parsley & garlic bread | Lightly spiced oven baked potato wedges | Oven baked chips |
| | Fresh glazed carrots | BBQ baked beans | Tomato, onion & basil salad | Roasted spicy half corn on the cob | Garden peas & carrots |
| | House salad | Red cabbage coleslaw salad | Tomato, onion & basil salad | Coleslaw | Mixed salad |
| Light mayonnaise and salad dressing (available for all mains) | | | | | |
| SAUCES & DIPS Choose 1 | Light mayonnaise | Sweet sticky tabasco sauce | Garlic & herb mayonnaise | Sweet sticky tabasco sauce | Tomato ketchup |
| | Gravy | Sweet chilli dipping sauce | Freshly made tomato salsa | Sweet chilli dipping sauce | Tartare sauce |
| | Honey, mustard & lemon dressing | BBQ dipping sauce | Honey, mustard & lemon dressing | Piri piri dipping sauce | BBQ dipping sauce |

| | ASIAN | ASIAN | MEXICAN | INDIAN | ORIGINALS |
|---|--|------------------------------------|------------------------------------|-----------------------------------|------------------------------|
| MAINS Choose 1 | Vietnamese chicken rolls | Tandoori chicken | Mixed beef fajita | Chicken jalfrezi | Fish fingers OR |
| | Korean meatballs, vegetables & noodles | Slow braised Chinese pork | Cajun chicken filled khobez bread | Deep pan chicken tikka pizza | Southern baked chicken wings |
| or 1 Veggie | Korean stir fried vegetables & noodles | Sweet & sour beans & vegetables | Cajun quorn filled khobez bread | Quorn jalfrezi | Zingy pepper pasta box |
| SIDES Choose 2 | Asian stir fried vegetables | Plain boiled white & brown rice | Roasted spicy half corn on the cob | Braised turmeric rice | Oven baked chips |
| | Asian coleslaw salad | Stir fried Chinese leaf & bok choy | Mixed salad | Oven baked naan bread | Garden peas & carrots |
| | Korean green bean salad | Green salad with pickled cucumber | Coleslaw | Green salad with pickled cucumber | Mixed salad |
| Light mayonnaise and salad dressing (available for all mains) | | | | | |
| SAUCES Choose 1 | Dark soy sauce | Dark soy sauce | Freshly made tomato salsa | Mango chutney | Tomato ketchup |
| | Sesame soy dressing | Sesame soy dressing | Sour cream | Cucumber raita | Tartare sauce |
| | Kimchi dressing | Kimchi dressing | Guacamole | Mint & lime yoghurt dressing | BBQ dipping sauce |

Salad Pick 'n' Mix

Choose a range of mains, toppings, sauces, dressings and bread

| | | | | | |
|-------------------|--|------------------------------------|----------------------------|------------------------------------|----------------------------|
| SALAD MAIN | House salad | Green salad | House salad | Mixed salad | House salad |
| | Coleslaw | Tomato, onion & basil salad | Red cabbage coleslaw salad | Tomato, red onion & carrot salad | Coleslaw |
| | Simple beetroot salad | Green pea & carrot salad | Simple sweetcorn salad | Asian coleslaw salad | Simple grated carrot salad |
| | Korean green bean salad | Roasted sweet pepper & pasta salad | Mixed bean salad | Lightly spiced rice & pepper salad | New potato salad |
| TOPPING | Oven baked croutons, oven baked baguette croutons, baked tortilla croutons | | | | |
| SAUCE | Light mayonnaise, lemon mayonnaise, garlic & herb mayonnaise | | | | |
| DRESSING | Salad dressing, honey, mustard & lemon dressing, sesame soy dressing, sweet chilli dipping sauce | | | | |
| BREAD | A selection of freshly baked bread available daily | | | | |

Why not add a dessert to your meal?

| | |
|----------------|--|
| DESSERT | Choice of fresh red and green apples, oranges and bananas |
| | Seasonal fruit salad pot, black & green grape pot, mixed melon pot |



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