WEEKLY MENU

WEEK 1

WOK MY WAY — EVERY TUESDAY

Asian inspired noodles with a selection of protein and vegetables

FLATBREAD — EVERY WEDNESDAY

Authentic Greek flatbreads topped with marinated chicken or plant-based protein

EVERY THURSDAY — CHICK N' RUN

Chicken served with a range of signature marinades and seasoned rice

Switch it up with our street food favourites! Ask the team for this week's flavours

MON	BBQ Veggie Meatballs & Steamed Rice with Broccoli and Sweetcorn (VG	Cauliflower Cheese Pastry Bake with Wedges, Broccoli and Sweetcorn (V)
TUE	Sticky Hoi Sin Chicken & Rice with Broccoli, Carrots and Cauliflower (Halal Availab	Chickpea, Butternut & Aubergine Dhansak with Rice, Broccoli, Carrots and Cauliflower (VG)
WED	Cottage Pie & Gravy with Seasonal Greens and Carrots	Veggie Sausage, Tomato & Basil Pasta with Seasonal Greens and Carrots (V
THU	Chicken in Blackbean Sauce & Mixed Rice with Green Beans, Sweetcorn and Peppers	Veggie Cottage Pie with Sweetcorn, Peppers & Green Beans (VG)
FRI	Sustainably Sourced Battered Fish & Chips with Peas and Beans	Pizza Selection with Chips/Wedges, Peas & Beans or Mixed Salad

POT & TASTY

Daily range of ready to go pots including pastas, salads and rice bowls

DESSERTS

Enjoy our chef's choice of sweet treats, served every day

SPUD STOP — TOPPED & LOADED

Hot loaded spuds with a daily range of tasty toppings to fill you up

9th & 30th Nov, 21st Dec, 4th & 25th Jan, 15th Feb, 8th & 29th March

V - VEGETARIAN
VG - VEGAN

WEEKLY MENU

WEEK 2

WOK MY WAY — EVERY TUESDAY

Asian inspired noodles with a selection of protein and vegetables

FLAT BREAD — EVERY WEDNESDAY

Authentic Greek flatbreads topped with marinated chicken or plant-based protein

EVERY THURSDAY — CHICK N' RUN

Chicken served with a range of signature marinades and seasoned rice

Switch it up with our street food favourites! Ask the team for this week's flavours

MON	Jacket Potato with Veggie Sausage & Beans with Sweetcorn and Green Beans	Jacket Potato & Veggie Chilli with Green Beans and Sweetcorn or Mixed Salad (VG)
TUE	Korma Style Chicken & Lentil Curry with Rice, Green Beans and Sweetcorn	Sweet Potato, Spinach & Chickpea Style Korma with Mixed Rice, Peas and Mixed Vegetables
WED	Roast of The Day, Gravy & Roasties with Seasonal Greens and Carrots	Smokey Cheese & Butternut Quiche with Roast Potatoes, Seasonal Greens and Carrots (V)
THU	Sausage & Mash, Caramelised Onion Gravy with Broccoli, Carrots and Cauliflower	Veggie Sausage & Mash with Caramelised Onion Gravy, Broccoli, Carrots and Cauliflower (VG)
FRI	Oven Baked Chicken Nuggets & Chips with Peas and Beans	Pizza Selection with Chips/Wedges, Peas & Beans or Mixed Salad

POT & TASTY

Daily range of ready to go pots including pastas, salads and rice bowls

DESSERTS

Enjoy our chef's choice of sweet treats, served every day

SPUD STOP — TOPPED & LOADED

Hot loaded spuds with a daily range of tasty toppings to fill you up



26th Oct, 16th Nov, 7th Dec, 11th Jan, 1st & 22nd Feb, 15th March

V - VEGETARIAN
VG - VEGAN

WEEKLY MENU

WEEK 3

WOK MY WAY — EVERY TUESDAY

Asian inspired noodles with a selection of protein and vegetables

FLAT BREAD — EVERY WEDNESDAY

Authentic Greek flatbreads topped with marinated chicken or plant-based protein

EVERY THURSDAY — CHICK N' RUN

Chicken served with a range of signature marinades and seasoned rice

Switch it up with our street food favourites! Ask the team for this week's flavours

MON	Veggie Sausage, Bean & Vegetable Hot Pot with Crusty Bread, Garlicky Green Beans and Carrots (VG)	Vegetable Biriyani with Garlicky Green Beans & Carrots or Mixed Salad (VG)
TUE	Thai Red Chicken Curry & Mixed Rice with Roasted Sweetcorn and Peppers	Thai Red Vegetable Curry & Rice with Roasted Sweetcorn and Peppers or Mixed Salad (V)
WED	Roast of The Day, Gravy & Roasties with Seasonal Greens and Carrots	Savoury Veggie Mince, Yorkshire Pudding, Roasties, Seasonal Greens & Carrots (V)
THU	Greek-Style Beef Pasta Bake with Carrots, Cauliflower & Broccoli	Chinese-Style Street Rice with Carrots, Cauliflower & Broccoli or Mixed Salad (VG)
FRI	Oven Baked Sausage & Chips with Peas and Baked Beans	Pizza Selection with Chips/Wedges, Peas & Beans or Mixed Salad

POT & TASTY

Daily range of ready to go pots including pastas, salads and rice bowls

DESSERTS

Enjoy our chef's choice of sweet treats, served every day

SPUD STOP — TOPPED & LOADED

Hot loaded spuds with a daily range of tasty toppings to fill you up



2nd & 23rd Nov, 14th Dec, 18th Jan, 8th Feb, 1st & 22nd March

V - VEGETARIAN
VG - VEGAN