

WEEKLY MENU - WEEK 1

ACT 1
ACT 2
ACT 3

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

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

	MEXICAN	INDIAN	ORIGINALS	EASTERN	ORIGINALS
MAINS Choose 1	Chilli con carne	Kerala chicken curry	Grilled cumberland sausage	Moroccan shredded chicken	Fish fingers OR
	Cajun spiced chicken fajita	Chicken tikka stonebaked pizza	Ciabatta sausage & tomato pizza	Moroccan chicken flat bread	Oven baked salmon nuggets
or 1 Veggie	Three bean chilli	Sweet potato & Chickpea curry	Grilled Quorn sausage	Moroccan vegetable tagine	Bbq chicken wings Quorn hot dog, bun & salad
SIDES Choose 2	Plain boiled white & brown rice	Braised turmeric rice	Caramelised red onion	Braised rice	Oven baked chips
	Roasted spicy Half corn on the cob	Bombay potatoes	Garden peas	Moroccan green pepper & tomato salad	Garden peas & carrots
	Chilli & fresh lime broccoli	Sag aloo	Fresh glazed carrots	Moroccan chickpea & sweetcorn	Mushy peas
	Mixed salad	Green salad with pickled cucumber	Creamy mashed potato	Green salad	Baked beans
	Coleslaw	Oven baked naan bread	Caramelised red onion	Moroccan green slaw	Pickled onion
SAUCES Choose 1	Freshly made parsley & garlic bread		Mixed salad	Khobez bread	Pickled gherkin
Light mayonnaise and salad dressing (available for all mains)					
	Freshly made tomato salsa	Mango chutney	Onion gravy	Lemon mayonnaise	Tomato ketchup
	Sour cream	Cucumber raita	Light mayonnaise	Mint & lime yoghurt dressing	Tartare sauce
	Guacamole	Mint & lime yoghurt dressing	Honey, mustard & lemon dressing	Moroccan yoghurt dressing	Bbq dipping sauce

Salad Pick 'n' Mix

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

SALAD MAIN	Mixed salad	House salad	Green salad	Green salad	House salad
	Coleslaw	Coleslaw	Simple roquette salad	Moroccan green pepper & tomato salad	coleslaw
	Roasted sweet pepper & pasta salad	Lightly spiced rice & pepper salad	Tomato, onion & basil salad	Moroccan green slaw	Simple grated carrot salad
	Simple beetroot salad	New potato salad	Green bean & carrot salad	Moroccan chickpea & sweetcorn	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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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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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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 and 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 and salad	Deep pan margherita	Yorkshire pudding roast sweet potato wrap	BBQ pulled quorn & red cabbage coleslaw bun	Deep pan margherita
	Baked half jacket potato	Freshly made parsley and garlic bread	Sage & onion stuffing	Baked half jacket potato	Oven baked chips
SIDES Choose 2	Spicy roasted sweetcorn	Grated fresh parmesan	Roasted potatoes & dipping gravy	Oven baked sweet potato wedges	Garden peas & carrots
	BBQ baked beans	Green salad	House salad	Roasted spicy half corn on the cob	Mushy peas
	House salad	Tomato, onion & basil salad	Red cabbage coleslaw salad	Baked beans	Baked beans
	Red cabbage coleslaw salad	Green bean & carrot salad	Mixed olives	Mixed salad	Pickled onion
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
	Braised rice	Plain boiled white and brown rice	Braised turmeric rice	Braised rice	Oven baked chips
SIDES Choose 2	Noodles	Boiled half corn on the cob	Bombay potatoes	Noodles	Garden peas & carrots
	Spiced noodles	Chilli & fresh lime broccoli	Sag aloo	Spiced noodles	Mushy peas
	Udon noodles	Mixed salad	Green salad with pickled cucumber	Udon noodles	Baked beans
	Stir fry vegetables	Coleslaw	Oven baked naan bread	Stir fry vegetables	Pickled onion
	Stir fried Chinese leaf & bok choi	Freshly made parsley and garlic bread		Stir fried chinese leaf & bok choi	Pickled gherkin
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 salad	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	House salad
	Red cabbage coleslaw salad	Coleslaw	Tomato, red onion & carrot salad	Tomato, onion & basil salad	Coleslaw
	Simple sweetcorn salad	Simple sweetcorn salad	Red cabbage coleslaw salad	Korean green bean salad	Simple grated carrot salad
	Mixed bean salad	Roasted sweet pepper & pasta salad	Lightly spiced rice & pepper salad	Asian coleslaw 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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ACT 1

ACT 2

ACT 3

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 batterrisp cod fillet BBQ chicken wings
or 1 Veggie	Oriental vegetable noodle pot	Moroccan bean & Quorn Falafel	Vegetarian chimichangas, sweet chilli sauce	Sweet potato & chickpea curry	Vegetable balti & rice curry pot
SIDES Choose 2	Braised rice Noodles Stir fried chinese leaf & bok choi Spiced noodles Udon noodles Stir fry vegetables	Braised rice Moroccan green pepper & tomato salad Moroccan chickpea & sweetcorn Green salad Moroccan green slaw Khobez bread	Plain boiled white & brown rice Roasted spicy half corn on the cob Freshly made parsley and garlic bread Chilli & fresh lime broccoli Mixed salad Coleslaw	Braised turmeric rice Bombay potatoes Green salad with pickled cucumber Sag aloo Oven baked naan bread	Oven baked chips Garden peas & carrots Mushy peas Baked beans Pickled onion Pickled gherkin
SAUCES & DIPS Choose 1	Light mayonnaise and salad dressing (available for all mains)				
	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	Hot dog: plain hot dog 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	Hot dog: Quorn hot dog	Jerk quorn fillet	Vegetable balti & rice curry pot
SIDES Choose 2	Freshly made parsley & garlic bread Grated fresh parmesan Green salad Udon noodles Tomato, onion & basil salad Mixed olives	Baked half jacket potato Spicy roasted sweetcorn BBQ baked beans House salad Red cabbage coleslaw salad	Caramelised onion Mixed salad Coleslaw Coleslaw	Lightly spiced oven baked Potato wedges Oven baked sweet potato wedges Roasted spicy half corn on the cob Baked beans Mixed salad Coleslaw	Oven baked chips Garden peas & carrots Mushy peas Baked beans Pickled onion Pickled gherkin
SAUCES Choose 1	Light mayonnaise and salad dressing (available for all mains)				
	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	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
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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 Oven baked batterrisp cod fillet
	Mac n cheese box	Southern baked chicken wrap	Italian meat ball pasta box	BBQ chicken wings	Oven baked breaded pollack
or 1 Veggie	Vegetable & bean champ cottage pie	Southern Baked Quorn Fillets	Margherita calzone	BBQ pulled quorn & red cabbage coleslaw bun	Zingy pepper pasta box
SIDES Choose 2	Creamy mashed potato	Baked half jacket potato	Freshly made parsley & garlic bread	Lightly spiced oven baked potato wedges	Oven baked chips
	Fresh broccoli florets	Spicy roasted sweetcorn	Grated fresh parmesan	Oven baked sweet potato wedges	Garden peas & carrots
	Fresh glazed carrots	BBQ baked beans	Green salad	Roasted spicy half corn on the cob	Mushy peas
	House salad	House salad Red cabbage coleslaw salad	Tomato, onion & basil salad Mixed olives	Baked beans Mixed salad Coleslaw	Baked beans Pickled onion Pickled gherkin
SAUCES & DIPS Choose 1	Light mayonnaise and salad dressing (available for all mains)				
	Light mayonnaise	Sweet sticky tabasco sauce	Garlic & herb mayonnaise	Sweet sticky tabasco sauce	Tomato ketchup
	Gravy	Sweet chilli dipping sauce	Freshly made tomato salsa	BBQ 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 Korean meatballs, vegetables & noodles	Tandoori chicken Slow braised chinese pork	Minced beef fajita Cajun chicken filled khobez bread	Chicken jalfrezi Pizza deep pan chicken tikka	Fish fingers OR Southern baked chicken wings
	or 1 Veggie	Deep pan margherita	Sweet & sour beans & vegetables	Quorn jalfrezi	Zingy pepper pasta box
SIDES Choose 2	Braised rice	Braised rice	Plain boiled white & brown rice	Braised turmeric rice	Oven baked chips
	Noodles	Noodles	Roasted spicy half corn on the cob	Bombay potatoes	Garden peas & carrots
	Spiced noodles	Spiced noodles	Boiled half corn on the cob	Sag aloo	Mushy peas
	Udon noodles	Udon noodles	Mixed salad	Asian coleslaw salad	Baked beans
	Asian stir fried vegetables Stir fried chinese leaf & bok choi	Asian stir fried vegetables Stir fried chinese leaf & bok choi	Coleslaw Freshly made parsley & garlic bread	Oven baked naan bread Green salad with pickled cucumber	Pickled onion Pickled gherkin
SAUCES Choose 1	Light mayonnaise and salad dressing (available for all mains)				
	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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