

WEEKLY MENU

WEEK 1

WOK MY WAY

EVERY TUESDAY

Asian inspired noodles with a selection of protein and vegetables

flat bleedz

EVERY WEDNESDAY

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

EVERY THURSDAY

CHICK N' RUN

Drumsticks 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

PLANT FORWARD

MON

Thai Yellow Vegetable Curry, Broccoli, Salad & Mixed Rice (V) 

TUE

BBQ Beef & Bean Chilli with Penne and Mixed Salad (Halal available) 

WED

Roast of the Day, Gravy & Roasties with Seasonal Greens and Carrots (Halal available) 

THU

Chicken & Sweetcorn Pie with Broccoli, Carrots & Cauliflower (Halal available) 

FRI

Sustainably Sourced Battered Fish & Chips with Peas or Beans 

Mac & Cheese with Crispy Onions with Garlic Bread & Mixed Salad (V) 

Vegemince Cottage Pie with Broccoli, Carrots & Cauliflower (V) 

Roast Quorn, Gravy, Roasties with Seasonal Greens & Carrots (V) 

Cheese, Onion & Potato Pie with Broccoli, Carrots & Cauliflower (V) 

Pizza Selection with Chips or Wedges 

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

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

 Contains Iron

 For a healthy gut

 Slow release energy

 Contains protein

 Contains Calcium

V - VEGETARIAN
VG - VEGAN

10th Nov, 1st & 22nd Dec, 19th Jan, 9th Feb, 2nd & 23rd March

WEEKLY MENU

WEEK 2



EVERY TUESDAY

Asian inspired noodles with a selection of protein and vegetables



EVERY WEDNESDAY

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

EVERY THURSDAY



Drumsticks served with a range of signature marinades and seasoned rice

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TUE

WED

THU

FRI

Baked Macaroni Cheese with Tomato & Oregano Topping (V)



Kashmiri Spice Bowl with Beef & Lentils and Mixed Rice (Halal available)



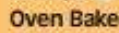
Roast of the Day, Gravy & Roasties with Seasonal Greens and Carrots (Halal available)



Sausage & Mash, Caramelised Onion Gravy & Seasonal Vegetables (Halal available)



Sustainably Sourced Battered Fish & Chips



Oven Baked Chicken Nuggets & Chips (Halal available)



Roasted Vegetable & Hummus Panini (V)



Spaghetti with Roasted Vegetables in Herby Tomato Sauce (V)



Roasted Lentil Loaf with Sticky Ketchup Glaze & Roast Potatoes (V)



Veggie Sausage & Bean Hot Pot (V)



Pizza Selection with Chips or Wedges



POT & TASTY

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DESSERTS

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



Contains Iron



For a healthy gut



Slow release energy



Contains protein



Contains Calcium

V - VEGETARIAN
VG - VEGAN

27th Oct, 17th Nov, 8th Dec, 5th & 26th Jan, 16th Feb, 9th March

WEEKLY MENU

WEEK 3

WOK MY WAY

EVERY TUESDAY

Asian inspired noodles with a selection of protein and vegetables

flat bleedz

EVERY WEDNESDAY

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

CHICK N' RUN

EVERY THURSDAY

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PLANT FORWARD

MON

Vegan Sausage Roll & Homebaked Potato Wedges (V) (P) (F) (H)

TUE

Mild Chicken Korma with Sweet Potato and Lentils & Mixed Rice (Halal available) (P) (F) (H)

WED

Roast of the Day, Gravy & Roasties with Seasonal Greens and Carrots (Halal available) (P) (F) (H)

THU

Greek Style Layered Beef Pasta Bake (Halal available) (P) (F) (H) (V)

FRI

Sustainably Sourced Battered Fish & Chips (P) (F) (H)
Oven Baked Chicken Goujons & Chips (Halal available) (P) (F) (H)

Mild & Creamy Vegetable Korma Curry & Mixed Rice (V) (P) (F) (H)

Vegetable Bolognese Pasta & Garlic Bread (V) (P) (F) (H)

Roasted Winter Vegetable Casserole with Roast Potatoes (V) (P) (F) (H)

Greek-Style Layered Vegetable Pasta Bake (V) (P) (F) (H)

Pizza Selection with Chips or Wedges (P) (F) (H)

POT & TASTY

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DESSERTS

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3rd & 24th Nov, 15th Dec, 12th Jan, 2nd & 23rd Feb, 16th March