WEEK ONE

E S COUNTRITIONS UTLICIONS E CRUNCHE TANGY E LUNCH SOCI











CARIBBEAN

Mild Caribbean Chicken, Coconut and Pineapple Curry **Wholegrain Rice** Garlic and Lime Corn on the Cob



CHINESE

Aromatic Soy Pork with Egg Noodles Wok Tossed Oriental Vegetables



BRITISH

Roast Beef Roast Potatoes Seasonal Vegetables



CARIBBEAN

Chicken Tagine Lemon & Herb Couscous Garlic & Herb Bread



BRITISH

Peas

Battered Fish Fillet Chips



DEEP SOUTH DINER

Choose a main: New Yorker Ouorn Dog OR Halloumi & Roasted Vegetable Wrap **Sweet Herby Crushed New Potatoes** Chop Chop Salad



WINGS & THINGS

Choose a main: Special Marinated Roast Chicken Drumsticks with BBQ or Sticky Tabasco **OR** Veggie Quarter Pounder ✓ Caiun Wedges **BBO Slaw**



SPEEDY ITALIAN

Bacon Pizza Arrabiata Pasta ∨ Mushroom & Sweetcorn Pizza ✓



DEEP SOUTH DINER

Choose a main: Ultimate Beef Burger OR Lentil, Pepper & Sweetcorn Sloppy Joe ∨ Paprika Wedges Beetroot, Carrot & Apple Salad



SPEEDY ITALIAN

SPEEDY ITALIAN

Veggie Supreme Pizza ✓

Margherita Pizza ✓

Veggie Bolognaise Pasta ✓

Hawaiian Pizza Chicken And Tomato Pasta Bake Mixed Pepper Pizza ✓



WINGS & THINGS

Choose a main: Chicken Thigh Flatbread Wrap with Lemon & Herb or Piri Piri **OR** Quorn & Mushroom Burger ✓ Red Onion and Cheese Loaded Skins Caesar Salad



SPEEDY ITALIAN

3 Cheese Sicilian Pizza ✓ Chunky Veg Pasta ✓ Margherita Pizza ✓



SPEEDY ITALIAN

Veggie Hot One Pizza ✓



DEEP SOUTH DINER

Choose a main: Cajun Pulled Pork & Bean Pitta OR Veg & Bean Quesadilla V Chips Pineapple Coleslaw



Herby Tomato Pasta ✓ Caiun Chicken Pizza





a selection of delicious baguettes, paninis, toasties and sandwiches and NEW exciting salad pots every day.

Fruit, Yoghurt & Granola Pots are Available to Enjoy Daily.

Look out for MUNCH - our mid-morning break offer available for you to enjoy Monday-Friday















E S COUNTRITIONS UTLICIONS E CRUNCH SOCI











BRITISH

Lasagne

Broccoli Sweetcorn

BRITISH

Homemade Beef & Potato Pie

Mash Potato

Fresh Broccoli

BRITISH

Twice Cooked Pork Belly

Roast Potatoes

Braised Red Cabbage and Carrots

JAPANESE

Chicken Katsu Curry

Rice Noodles

Pickled Cucumber Salad

THAI

Sweet Chili Salmon Wrap

Chips

Peas

DEEP SOUTH DINER

Choose a main: Sweetcorn Veggie Burger ∨ OR Veggie Chilli Tacos

Crushed Sweet Potato Red Slaw

WINGS & THINGS

Choose a main: Chicken Mayo Burger **OR** BBQ Pulled Quorn Wrap ✓ Paprika Wedges

BBO Beans

DEEP SOUTH DINER

Choose a main: Deep South Burger OR Sweet Potato & Black Bean

Enchilada √ **Baked Garlic & Herb Wedges**

American Style Slaw

Choose a main: Roast Chicken Wings Brushed with Sticky Tabasco or Lemon & Herb OR BBQ Quorn and Vegetable Skewer

Corn on the Cob

Choose a main: BBQ Pulled Pork Burger OR Quorn Sausage Pattie &

Cheese Bun **Chips**

Apple Slaw

WINGS & THINGS

Garlic Bread

DEEP SOUTH DINER

WINGS THINGS

-DEEP SOUTH

WINGS

THINGS

-DEEP SOUTH

- DEEP SOUTH

SPEEDY ITALIAN

SPEEDY ITALIAN

Veggie Hot One Pizza ✓

Arrabiatta Pasta ✓

Margherita Pizza ✓

Chicken Supreme Pizza Herby Tomato Pasta ✓

Sicilian Cheese & Tomato Pizza V

SPEEDY ITALIAN

Veggie Supreme Pizza ✓ BBO Chicken Pasta Margherita Pizza √



SPEEDY ITALIAN

Bacon Pizza Beef Lasagne Margherita Pizza √



SPEEDY ITALIAN

Sicilian Cheese & Tomato Pizza ✓ Italian Chicken Pasta **BBQ Chicken Pizza**























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INDIAN









BRITISH

BRITISH

Chips

Baked Beans

Shepherds Pie

Fresh Broccoli

Mixed Greens



Stir Fried Vegetables

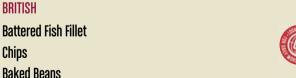
Wholegrain Rice

Chickpea and Tomato Masala











and NEW exciting salad pots every day. Fruit, Yoghurt & Granola Pots are Available to Enjoy Daily.

DEEP SOUTH DINER

Choose a main: Chilli Beef Nachos OR Black Eved Bean Veggie Burger

Paprika Wedges Corn Slaw



Southern Greens

Choose a main: Roast Chicken Wings Brushed with Lemon & Herb or Sticky Tabasco **OR** Loaded Triple Mac 'N' Cheese V **Carnival Rice**



Choose a main: Quorn Cheese Burger V OR Cauliflower & Creamed Corn Bake ✓ **Baked Garlic & Herb Wedges BBO Beans**



Choose a main: Smoky BBQ Chicken and Boston Bean Wrap **OR** Grilled Piri Butternut & Halloumi Skewers \checkmark **Tomato and Herb Rice Sweetcorn Fritter**



Look out for MUNCH - our

mid-morning break offer available

for you to enjoy Monday-Friday

Jambalaya ∨



SPEEDY ITALIAN

- DEEP SOUTH

WINGS

THINGS

-DEEP SOUTH

WINGS

THINGS

Veggie Hot One Pizza ✓ Cheesy Penne Pasta ✓ Margherita Pizza √



SPEEDY ITALIAN

3 Cheese Sicilian Pizza ✓ Beef Lasagne Hawaiian Pizza



SPEEDY ITALIAN

Mushroom & Sweetcorn Pizza ✓ Carbonara Pasta Margherita Pizza √



SPEEDY ITALIAN

Sicilian Cheese and Tomato Pizza Herby Tomato Pasta ✓ Veggie Supreme Pizza ✓



SPEEDY ITALIAN

Caiun Chicken Sizzler Pizza **Beef Bolognaise** Margherita Pizza ✓





£2.10





