











WEEK ONE

CRUNCH TANGY LUNCH SOCIAL

MONDAY	CARIBBEAN	
	Mild Caribbean Chicken, Coconut and Pineapple Curry Wholegrain Rice Garlic and Lime Corn on the Cob	
TUESDAY	CHINESE	
	Aromatic Soy Pork with Egg Noodles Wok Tossed Oriental Vegetables	
WEDNESDAY	BRITISH	
	Roast Beef Roast Potatoes Seasonal Vegetables	
THURSDAY	CARIBBEAN	
	Chicken Tagine Lemon & Herb Couscous Garlic & Herb Bread	
FRIDAY	BRITISH	
	Battered Fish Fillet Chips Peas	

DEEP SOUTH DINER	
Choose a main: New Yorker Quorn 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 ✓ Cajun Wedges BBQ Slaw	
DEEP SOUTH DINER	
Choose a main: Ultimate Beef Burger OR Lentil, Pepper & Sweetcorn Sloppy Joe ✓ Paprika Wedges Beetroot, Carrot & Apple Salad	
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	
DEEP SOUTH DINER	
Choose a main: Cajun Pulled Pork & Bean Pitta OR Veg & Bean Quesadilla ✓ Chips Pineapple Coleslaw	

SPEEDY ITALIAN	
Veggie Supreme Pizza ✓ Veggie Bolognese Pasta ✓ Margherita Pizza ✓	
SPEEDY ITALIAN	
Bacon Pizza Arrabiata Pasta ✓ Mushroom & Sweetcorn Pizza ✓	
SPEEDY ITALIAN	
Hawaiian Pizza Chicken And Tomato Pasta Bake Mixed Pepper Pizza ✓	
SPEEDY ITALIAN	
3 Cheese Sicilian Pizza ✓ Chunky Veg Pasta ✓ Margherita Pizza ✓	
SPEEDY ITALIAN	
Veggie Hot One Pizza ✓ Herby Tomato Pasta ✓ Cajun Chicken Pizza	







**WE
SERVE**

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




		
£2.10		
	from £1.41	

Chartwells
EAT LEARN LIVE

WEEK TWO

CRUNCH TANGY LUNCH SOCIAL

MONDAY	BRITISH Lasagne Broccoli Sweetcorn	
TUESDAY	BRITISH Homemade Beef & Potato Pie Mash Potato Fresh Broccoli	
WEDNESDAY	BRITISH Twice Cooked Pork Belly Roast Potatoes Braised Red Cabbage and Carrots	
THURSDAY	JAPANESE Chicken Katsu Curry Rice Noodles Pickled Cucumber Salad	
FRIDAY	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 BBQ Beans	
DEEP SOUTH DINER	Choose a main: Deep South Burger OR Sweet Potato & Black Bean Enchilada ✓ Baked Garlic & Herb Wedges American Style Slaw	
WINGS & THINGS	Choose a main: Roast Chicken Wings Brushed with Sticky Tabasco or Lemon & Herb OR BBQ Quorn and Vegetable Skewer Garlic Bread Corn on the Cob	
DEEP SOUTH DINER	Choose a main: BBQ Pulled Pork Burger OR Quorn Sausage Pattie & Cheese Bun Chips Apple Slaw	

SPEEDY ITALIAN	Veggie Hot One Pizza ✓ Arrabiatta Pasta ✓ Margherita Pizza ✓	
SPEEDY ITALIAN	Chicken Supreme Pizza Herby Tomato Pasta ✓ Sicilian Cheese & Tomato Pizza ✓	
SPEEDY ITALIAN	Veggie Supreme Pizza ✓ BBQ 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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WEEK THREE

CRUNCH TANGY LUNCH SOCIAL

MONDAY	INDIAN Chickpea and Tomato Masala Wholegrain Rice Green Beans	
TUESDAY	CHINESE BBQ Mandarin Pork Beggars Noodles Stir Fried Vegetables	
WEDNESDAY	BRITISH Roast Turkey Roast Potatoes Seasonal Cabbage & Carrots	
THURSDAY	BRITISH Shepherds Pie Fresh Broccoli Mixed Greens	
FRIDAY	BRITISH Battered Fish Fillet Chips Baked Beans	

DEEP SOUTH DINER

Choose a main: Chilli Beef Nachos **OR** Black Eyed Bean Veggie Burger ✓
Paprika Wedges
Corn Slaw



WINGS & THINGS

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



DEEP SOUTH DINER

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



WINGS & THINGS

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



DEEP SOUTH DINER

Choose a main: New York Hot Dog **OR** Black Eyed Bean and Vegetable Jambalaya ✓
Chips
House Slaw



SPEEDY ITALIAN

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

Cajun Chicken Sizzler Pizza
Beef Bolognese
Margherita Pizza ✓







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