WEEKLY MENU

WEEK 1

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

PLANT FORWARD MON	BBQ Veggie Meatballs & Steamed Rice with Broccoli and Sweetcorn or Mixed Salad	Mac n Cheese, Garlic Bread & Sweetcorn
TUE	Sticky Hoi Sin Chicken & Rice with Broccoli, Carrots and Cauliflower (Halal Available)	Plant-Based Goulash & Tagliatelle Pasta with Broccoli, Carrots and Cauliflower (VG)
WED	Cottage Pie & Gravy with Seasonal Greens and Carrots	Spiced Veggie Keema Slice, Roasties, and seasonal Veg.
THU	BBQ Chilli Beef & Bean Pasta with Green Beans, Sweetcorn and Peppers (Halal Available)	Korean-Style BBQ Bulgogi & Rice with Sweetcorn, Peppers and Green Beans (VG)
FRI	Sustainably Sourced Battered Fish & Chips with Peas and Beans	Pizza Selection with Chips/Wedges, Peas & Beans

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

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

PLANT FORWARD MON	Louisiana-Style Sausage, Bean & Vegetable Stew with Rice, Sweetcorn	Mac n Cheese, Garlic Bread with Sweetcorn
TUE	Chicken Shawerma Flatbread & Harissa Dressing with Green Beans and Sweetcorn	Spaghetti with Roasted Vegetables in a Herby Tomato Sauce with Peas & Mixed Vegetables
WED	Roast Chicken Baguette with Seasonal Greens & Carrots	Vegan Sausages with Roast Potatoes, Veg & Gravy
THU	BBQ Chicken & Rice with Broccoli, Carrots and Cauliflower	Thai Style Nut-Free Satay & Rice with Broccoli, Carrots and Cauliflower (VG)
FRI	Oven Baked Chicken Nuggets & Chips with Peas and Beans	Pizza Selection with Chips, Peas & Beans

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

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

PLANT FORWARD MON	Veggie Sausage, Bean & Vegetable Hot Pot with Crusty Bread, Garlicky Green Beans and Carrots or Mixed Salad (VG)	Vegetable Biriyani with Garlicky Green Beans & Carrots or Mixed Salad (VG)
TUE	Smokey BBQ Chicken Enchilada with Rice, Roasted Sweetcorn & Peppers or Mixed Salad	Cheese, Spinach, Leek & Gnocchi (Mini Potato Dumplings) with Roasted Sweetcorn and Peppers or Mixed Salad (V)
WED	Roast of The Day, Gravy & Roasties with Seasonal Greens and Carrots (Halal Available)	Savoury Veggie Mince, Yorkshire Pudding, Roasties, Seasonal Greens & Carrots (V)
THU	Chicken Marinara & Tomato Pasta Bake with Carrots, Cauliflower and Broccoli or Mixed Salad (Halal Available)	Veggie Bolognese & Penne Pasta with Carrots, Cauliflower and Broccoli or Mixed Salad (V)
FRI	Oven Baked Jumbo Sausage, Chips, Peas & Beans	Pizza Selection with Chips, Peas & Beans

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

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

V - VEGETARIAN
VG - VEGAN