

MENU Week 1:

SEPT 6th & 20th / OCT 4th & 18th
NOV 8th & 22th / DEC 6th

MONDAY

Greek garlicky, lemon
Chicken with brown
rice and broccoli
(G,E,Se,So)

TUESDAY

Oriental sizzling stir fry
Kung Po Chicken with
shredded greens
(None)

WEDNESDAY

Wholemeal Pasta Bake
with beef bolognaise
and chef's salad
(G)

THURSDAY

Turkey Gyros with
yoghurt and mint, pitta
bread and crunchy
Mediterranean salad
(G,Su,Mk)

FRIDAY

Salmon fishcake served
with Chef's salad and
baked wedges
(G,E,Mu,So,F)

*Eat
smart*

Sizzling Sausages
Pork sausage (G,E)
Chicken sausage (G,Su)
Veggie sausage (G,So)

Masala Days
Chicken Tikka Masala (G)
Homemade Giant
Vegetable Samosa (G,Mu)

Best of British
Roast Turkey (G)
Roast lentil loaf
(Ce,G,Mk,Mu,So)

All about Chilli
Chilli con carne
Sloppy Joe veggie dog
(G,E,Mk,So)

Fish and Chip Shop
Battered fish fillet (G,F)
Cheese and onion pattie
(G,E,Mk)

served with a choice of
Hot dog bun (G,Su)
Slow cooked onions
BBQ beans (Ce,G,So,Su)
Creamy mash (Mk)
Cajun seasoned wedges
(Mu)

served with a choice of
Pilau rice
Naan bread (G)
Mango Chutney
Onion Salad
Mint and yoghurt sauce
(Mk)

served with a choice of
Accent sage and
cranberry Stuffing
(G,E,Mk)
Cranberry Sauce
Roast Potatoes
Roasted Carrots
Crusty bread (G,Su)

served with a choice of
Chipotle potato wedges
Red bean and chilli jam
salad
Sour cream (Mu,Mk)
Fiery tomato chilli salsa
Tortilla chips (G)

served with a choice of
Oven baked chips
Mushy Peas
Baked beans
Buttered rolls (Mk,G)
Chunky tartare sauce
Ketchup (G,Su,Mk,E)

*Theme
bar*

*Hot
puds*

Apple and mixed berry
crumble
(G,Mk)

Lemon and poppy seed
sponge with custard
(G,E,Mk)

Sticky toffee pudding
(G,E,Mk)

Chocolate brownie
sponge pudding with
chocolate sauce
(G,E,Mk)

Banana tea bread
(G,E,Mk)

Cheese & Ham Panini
(Mk,G)

Tuna melt panini
(F,Mu,E,Mk,G)

Cheese & Ham Panini
(Mk,G)

Pepperoni pizza panini
(Su,Mk,G)

Ham & Cheese panini
(Mk,G)

*Fully
loaded*

AVAILABLE EVERY DAY

PENNE PASTA WITH TOMATO & BASIL SAUCE (G)

JACKET POTATOES WITH A CHOICE OF FILLINGS

ALLERGENS

Ce = Celery
Cr = Crustacean
E = Eggs

F = Fish
G = Cereals
containing Gluten

L = Lupin
Mk = Milk
Mo = Molluscs

Mu = Mustard
N = Nuts
P = Peanuts

Se = Sesame Seeds
So = Soya
Su = Sulphur Dioxide

**well
seasoned.**
perfectly picked ingredients, cooked from scratch

*Look out for exciting
new recipes to try
from our ingredient
of the month!*



**MEAL
DEAL
SAVERS!**

Meal Deal

**Buy a
Main Meal
with a
Dessert
for only
£2.50**

**THEME
DAYS**

8TH SEPT
AMERICAN DAY

6TH OCT
GERMAN DAY

5TH NOV
BONFIRE NIGHT

1ST - 16TH DEC
12 DAYS OF CHRISTMAS

MENU

Week 2:

SEPT 13th & 27th / OCT 11th
NOV 1st & 15th & 29th / DEC 13th

MONDAY

Smoky BBQ turkey
savoury rice and corn
(Ce,G,So,Su)

American Diner

Buffalo chicken (Mk)
Crispy corned beef
hash (Ce,E,So,Su,Mu)

Served with a choice of
Boston beans and
cornbread (G,E,Mk)
Cajun potatoes (Mu)
BBQ beans (Ce,G,So,Su)
Coleslaw
(Ce,G,So,Su,Mk)

Key lime pie (G,Mk)

Cheese & Ham Panini
(Mk,G)

TUESDAY

Cajun grilled Halloumi
burger coleslaw and
baked Cajun wedges
(Mk,Mu,E)

Beautiful Burgers

Classic beef burger (G)
Spicy chicken burger (G)

Served with a choice of
Floured bap, Brioche bun
or pitta (E,Mk,Mu,So)
Mayonnaise (Mk,Mu,E)
Shredded lettuce, fried
onions, ketchup
Oven chips
Sliced cheese (Mk)

Pineapple upside down
cake with custard
(Mk,E,G)

Tuna melt panini
(F,Mu,E,Mk,G)

WEDNESDAY

Turkey meatballs with
pasta and spicy tomato
sauce (G,Mk,Se)

Best of British

Roast chicken and gravy
Roast lentil loaf
(Ce,G,Mk,Mu,So)

Served with a choice of
Sage and cranberry
stuffing (G,E,Mk)
Roast Potatoes
Roasted root vegetables
Cabbage wedges
Crusty bread (G,Su)

Apple crumble and
custard (G,Mk)

Cheese & Ham Panini
(Mk,G)

THURSDAY

Baked Tandoori chicken
scented rice and naan
(Ce,G,Su)

Asian Station

Beef Keema curry with
peas (None)
Vegetable Stir fry
Noodles with sweet and
sour sauce (G,So,E)

Served with a choice of
Steamed rice
Prawn crackers
Asian crunchy salad

Lemon blondie (G,E,Mk)

Pepperoni pizza panini
(Su,Mk,G)

FRIDAY

Baked fish finger wrap
with oven baked chips
and pea shoot salad (G,F)

Fish and Chip Shop

Battered fish fillet (G,F)
Cheese and onion pattie
(G,E,Mk)

served with a choice of
Oven baked chips
Mushy Peas
Baked beans
Buttered rolls (Mk,G)
Chunky tartare sauce
Ketchup (G,Su,Mk,E)

Jam roly poly and
custard (E,G,Mk)

Ham & Cheese panini
(Mk,G)

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Theme
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Hot
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