



























WEEK 1

THIS WEEK'S

MENU

	OPTION ONE	OPTION TWO	GRAB & GO
MON	<div>NOODLE BAR</div> <div>SATAY CHICKEN PHO  </div>	<div>NOODLE BAR</div> <div>SPICED VEGETARIAN PHO  </div>	<div>HOT DISHES:</div> <div>Paninis</div> <div>Pasta and Sauces</div> <div>Freshly Baked Pizza</div> <div>Jacket Potato and Toppings</div> <div>SALADS:</div> <div>Tuna and Sweetcorn Pasta Salad </div> <div>Pesto Pasta Salad  </div> <div>Roasted Indian Chickpea Salad  </div> <div>SANDWICHES/BAGUETTES:</div> <div>Egg Salad Sandwich </div> <div>Chicken Salad Sandwich </div> <div>Cheese and Pickle Baguette </div> <div>Tuna Mayo Baguette</div> <div>BLT Baguette</div> <div>WRAPS:</div> <div>Pepper and Houmous Wrap </div> <div>BBQ Chicken Wrap </div>
TUE	<div>BURGER BAR</div> <div>Siracha Chicken Burger Served with Baked Garlic and Herb Wedges and Corn on the Cob</div>	<div>BURGER BAR</div> <div>BEETROOT AND FETA BURGER   Served with Baked Garlic and Herb Wedges and Corn on the Cob</div>	
WED	<div>HOT DELI</div> <div>SPICY VIETNAMESE CHICKEN BANH MI BUN  </div>	<div>HOT DELI</div> <div>STICKY BBQ QUORN PITTA </div>	
THURS	<div>STREET</div> <div>CHICKEN KATSU    Served with Wholegrain Rice and Nut Free Satay Sweetcorn</div>	<div>STREET</div> <div>MACARONI CHEESE </div>	
FRI	<div>FRIDAY FAVOURITES</div> <div>SOUTHERN FRIED CHICKEN GOUJONS  Served With Chips, Baked Beans and Peas</div>	<div>FRIDAY FAVOURITES</div> <div>VEGGIE BURGER  Served with Chips, Baked Beans and Peas</div>	

 Vegetarian

 Vegan

 Oily Fish


























 Wholegrain

 Nutritionist's Choice

 Halal

Our menu is subject to change.

# WEEK 2 THIS WEEK'S MENU

	OPTION ONE	OPTION TWO	GRAB & GO
MON	SPICE IS NICE	SPICE IS NICE	<b>HOT DISHES:</b> Paninis Pasta and Sauces Freshly Baked Pizza Jacket Potato and Toppings  <b>SALADS:</b> Tuna and Sweetcorn Pasta Salad  Pesto Pasta Salad    Roasted Indian Chickpea Salad    <b>SANDWICHES/BAGUETTES:</b> Egg Salad Sandwich  Chicken Salad Sandwich  Cheese and Pickle Baguette  Tuna Mayo Baguette BLT Baguette  <b>WRAPS:</b> Pepper and Houmous Wrap  BBQ Chicken Wrap 
	<b>CHICKEN TIKKA RICE BOX</b> 	<b>SPINACH AND CHICKPEA DAHL</b>   Served with Yellow Rice	
TUE	TEX MEX	TEX MEX	
	<b>MEXICAN BEEF ENCHILADA</b>  Served with Baked Garlic and Herb Wedges and Tex Mex Vegetables	<b>VEGETABLE FAJITA</b>   Served with Baked Garlic and Herb Wedges and Tex Mex Vegetables	
WED	HOT DELI	HOT DELI	
	<b>ROAST GAMMON BAGUETTE</b> Served with Roast Potatoes and Gravy	<b>PERSIAN VEGETABLE PITTA</b>  	
THURS	PAN-ASIAN	PAN-ASIAN	
	<b>CHICKEN KOTTU ROTI BOX</b>  	<b>SOYA YAKISOBA</b>  	
FRI	FRIDAY FAVOURITES	FRIDAY FAVOURITES	
	<b>SOUTHERN FRIED CHICKEN GOUJONS</b>  Served with Chips, Baked Beans and Peas	<b>CHEESE AND ONION SLICE</b>  Served with Chips, Baked Beans and Peas	

# WEEK 3 THIS WEEK'S MENU

	OPTION ONE	OPTION TWO	GRAB & GO
MON	FEASTIVAL	FEASTIVAL	<b>HOT DISHES:</b> Paninis Pasta and Sauces Freshly Baked Pizza Jacket Potato and Toppings  <b>SALADS:</b> Tuna and Sweetcorn Pasta Salad Pesto Pasta Salad Roasted Indian Chickpea Salad  <b>SANDWICHES/BAGUETTES:</b> Egg Salad Sandwich Chicken Salad Sandwich Cheese and Pickle Baguette Tuna Mayo Baguette BLT Baguette  <b>WRAPS:</b> Pepper and Houmous Wrap BBQ Chicken Wrap
	<b>JERK CHICKEN BURGER</b> Served with Baked Spiced Wedges and Mixed Salad	<b>TIGER BHAJI BURGER</b> Served with Baked Spiced Wedges and Mixed Salad	
TUE	PAN-ASIAN	PAN-ASIAN	
	<b>MANDARIN BBQ PORK</b> Served with Pineapple Rice and Nut Free Satay Sweetcorn	<b>SWEET AND SOUR VEGETABLES</b> Served with Pineapple Rice and Nut Free Satay Sweetcorn	
WED	HOT DELI	HOT DELI	
	<b>PERSIAN CHICKEN KEBAB</b> Served with Herby Diced Potatoes and Mixed Salad	<b>STICKY BBQ PITTA</b> Served with Herby Diced Potatoes and Mixed Salad	
THURS	STREET	STREET	
	<b>FIRECRACKER BEEF</b> Served with Baked Spiced Wedges and Mixed Salad	<b>TERIYAKI VEGETARIAN WRAP</b> Served with Wholegrain Rice	
FRI	FRIDAY FAVOURITES	FRIDAY FAVOURITES	
	<b>SOUTHERN FRIED CHICKEN GOUJONS</b> Served With Chips Baked Beans and Peas	<b>VEGETABLE GOUJONS</b> Served with Chips, Baked Beans and Peas	