

# WEEK ONE MENU

	MEAT MAIN	VEGGIE MAIN	GRAB & GO	PASTA BAR	SIDES
MONDAY	The BBQ Beef Cheeseburger With Wedges	Vegetable Cheeseburger With Wedges	Flavoured Chicken Wrap with Spicy Mayo	Mac 'N' Cheese With Garlic Slice	Salad Coleslaw
TUESDAY	Sticky Tamarind Chicken meatballs with Egg fried rice	Cheese Flan with Herby Diced Potatoes	Chicken Tika Quesidilla	Creamy Tomato Pasta and Garlic Slice	Salad Coleslaw
WEDNESDAY	Chicken Sausages and Mash with Onion Gravy	Vegetable Sausages and Mash with Onion Gravy	Chicken Tikka Panini with Side Salad	Creamy Chicken Pasta Bake	Garden Peas
THURSDAY	Chicken Katsu Breaded crispy chicken Curry With Rice	Sweet Potato & Falafels hummus and pitta with riata dip	Stone baked Pizza	Garlic Mushroom Pasta Bake	Ssweetcorn
FRIDAY	Fish Shop Friday Fish Fingers, mushy peas & chips	Vegetarian Fingers Beans & Chips	Southern Fried Chicken	Jacket Potato Selection of Fillings	Chips Peas Beans

## SPECIALS

A Selection of Cold Options are available daily

Fresh Fruit Salad Sandwiches

Jacket Potatoes are also available daily



*Available Throughout September*

Come try our special wrap shack menu!

## COMING SOON

**BACK TO SCHOOL**

*29<sup>th</sup> of September*

### Food Allergies & Intolerance

If you require information on allergens or suffer from a food intolerance please speak to a team member before you order your food or drinks



**SEASONAL KITCHEN**

**Sept**  
Carrots

**Oct**  
Apples

**Nov**  
Swede

**Dec**  
Cranberries

# WEEK TWO MENU



	MEAT MAIN	VEGGIE MAIN	GRAB & GO	PASTA BAR	SIDES
MONDAY	Chicken Stir Fry with Noodles	Homemade Vegan Burger Potato Wedges	Flavoured Chicken Wrap with Spicy Mayo	Mac 'N' Cheese & Garlic Slice	Salad Coleslaw
TUESDAY	Chicken Curry Vegetable Rice	Vegetable Curry Vegetable Rice	Bombay Pizza Nann Bread	Creamy Tomato Pasta & Garlic Slice	Sweetcorn
WEDNESDAY	Chicken Pie Creamy Mash	Root Vegetable Pie Creamy Mash	Tandoori Chicken Wings & Bombay Potatoes	Creamy Chicken Pasta Bake & Garlic Slice	Garden Peas
THURSDAY	Sweet and Sour Chicken With Rice	Vegetable Chow Main	Beef Burger With Mini Has Browns	Garlic Mushroom Pasta Bake & Garlic Slice	Salad Coleslaw
FRIDAY	Fish Shop Friday Crispy battered pollock, mushy peas & oven baked chips	Vegetarian Fingers Beans & Chips	Southern Fried Chicken	Jacket Potato Selection of Fillings	Chips Mushy Peas Baked Beans

## SPECIALS

A Selection of Cold Options are available daily

Fresh Fruit  
Salad  
Sandwiches

Jacket Potatoes are also available daily

## THROUGHOUT SEPTEMBER

### BACK TO SCHOOL

29<sup>th</sup> of September

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### SEASONAL KITCHEN

**Sept**  
Butternut Squash

**Oct**  
Blackberries

**Nov**  
Parsnips

**Dec**  
Forced Rhubarb



# WEEK THREE MENU

	MEAT MAIN	VEGGIE MAIN	GRAB & GO	PASTA BAR	SIDES
MONDAY	Teriyaki Chicken With Fried Rice	Vegetable Sweet & Sour Fried Rice	Selection of Baked Panini's	Mac 'N' Cheese With Garlic Slice	Seasonal Vegetables
TUESDAY	Chicken & Leek Lasagne With garlic Slice	Vegetable Lasagna With Garlic Bread	Rainbow Chicken and Pepper Burrito With Salad	Creamy Tomato Pasta and Garlic Slice	Seasonal Vegetables
WEDNESDAY	Mexican Chicken With Cous Cous	Chick Pea & Potato Curry With Nann & Rice	Stone baked Pizza	Creamy Chicken Pasta Bake	Seasonal Vegetables
THURSDAY	Sweet and Sour Chicken Noodles	Chickpea & Lentil Dal, Himalayan Rice, Shimla Pink Pickled Onions	Beef Burger With Mini Has Browns	Garlic Mushroom Pasta Bake	Seasonal Vegetables
FRIDAY	Fish Shop Friday Fish Fingers, mushy peas & oven baked chips	Vegetarian Fingers Beans & Chips	Southern Fried Chicken	Jacket Potato Selection of Fillings	Chips Peas

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Sandwiches

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