WEEKLY MENU

WEEK 1

WOK MY WAY — EVERY TUESDAY

Asian inspired noodles with a selection of protein and vegetables

flatbreadz — 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 (VG)	Cauliflower Cheese Pastry Bake with Wedges, Broccoli and Sweetcorn or Mixed Salad (V)
TUE	Chicken Goulash & Tagliatelle Pasta with Broccoli, Carrots and Cauliflower	Plant-Based Goulash & Tagliatelle Pasta with Broccoli, Carrots and Cauliflower (VG)
WED	Cottage Pie & Gravy with Seasonal Greens and Carrots	Veggie Cottage Pie with Sweetcorn, Peppers & Green Beans (VG)
THU	BBQ Chilli Beef & Bean Pasta with Green Beans, Sweetcorn and Peppers (Halal Available)	Veggie Sausage, Tomato & Basil Pasta with Seasonal Greens and Carrots (VG)
FRI	Sustainably Sourced Battered Fish & Chips with Peas and Beans or Mixed Salad	Pizza Selection with Chips/Wedges, Peas & Beans or Mixed Salad

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

SPUD STOP — TOPPED & LOADED

Hot loaded spuds with a daily range of tasty toppings to fill you up

7th & 28th Sep, 19th Oct, 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

flatbreadz — 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 and Green Beans or Mixed Salad (VG)	Jacket Potato & Veggie Chilli with Green Beans and Sweetcorn or Mixed Salad (VG)
TUE	Chicken Shawarma Flatbread & Harissa Dressing with Green Beans and Sweetcorn or Mixed Salad	Spaghetti with Roasted Vegetables in a Herby Tomato Sauce with Peas & Mixed Vegetables or Mixed Salad (V)
WED	Roast Chicken Baguette with Seasonal Greens & Carrots	Smokey Cheese & Butternut Quiche with Roast Potatoes, Seasonal Greens and Carrots (V)
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 or Mixed Salad (Halal Available)	Pizza Selection with Chips/Wedges, Peas & Beans or Mixed Salad

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

SPUD STOP — TOPPED & LOADED

Hot loaded spuds with a daily range of tasty toppings to fill you up



14th Sep, 5th & 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

FLATBREADZ — 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	Spiced Chickpea & Vegetable Flatbread with 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	Thai Red Vegetable Curry & Rice with Roasted Sweetcorn and Peppers or Mixed Salad (V)
WED	Roast Chicken Baguette with Seasonal Greens & Carrots	Indian-inspired Cottage Pie with Sweet Potato Mash, Seasonal Greens & Carrots (VG)
THU	Greek-Style Beef Pasta Bake with Carrots, Cauliflower & Broccoli or Mixed Salad	Veggie Bolognese & Penne Pasta with Carrots, Cauliflower and Broccoli or Mixed Salad (V)
FRI	Oven Baked Sausage & Chips with Peas and Beans or Mixed Salad (Halal Available)	Pizza Selection with Chips/Wedges, Peas & Beans or Mixed Salad

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

SPUD STOP — TOPPED & LOADED

Hot loaded spuds with a daily range of tasty toppings to fill you up



31st Aug, 21st Sep, 12th Oct, 2nd & 23rd Nov, 14th Dec, 18th Jan, 8th Feb, 1st & 22nd March

V - VEGETARIAN
VG - VEGAN