

# Week 1 MAINS

FROM £3.10

| MON                                                                                                                                                                            | TUE                                                                                                                                               | WED                                                                                                                                                                                                                      | THU                                                                                                                                                                                          | FRI                                                                                                                                                                           |
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| <b>MASALA MOMENTS</b><br>Smokey Butter Chicken<br>Masala with Mango Chutney<br><br>Smokey Tofu Makhani<br>with Mango Chutney<br><br>Pilau Rice<br>Spicy Roasted<br>Cauliflower | <b>MEATBALL MADNESS</b><br>Smokey Portuguese<br>Meatballs Feijoada<br><br>Veggie Meatballs Feijoada<br><br>Rice<br>Steamed Carrots<br>Pitta Bread | <b>MOST OF ROAST</b><br>Roast Gammon with<br>Stuffing & Herb Gravy<br><br>Vegan Red Lentil Sage &<br>Onion Sausage Roll with<br>Herb Gravy<br><br>Crunchy Roast Potatoes<br>Savoy Cabbage & Carrots<br>Yorkshire Pudding | <b>TASTE OF INDONESIA</b><br>Nut-less Satay Chicken<br>with Lemongrass &<br>Coconut Sauce<br><br>Nut-less Satay Tempeh<br>with Lemongrass &<br>Coconut Sauce<br><br>Rice<br>Pickled Cucumber | <b>FISH &amp; CHIP SHOP</b><br>Battered Fish Fillet <b>OR</b><br>Crispy Chicken Tenders<br><br>Cheese & Tomato<br>Turnover<br><br>Chips<br>Peas<br>Baked Beans<br>Curry Sauce |
|                                                                                               |                                                                 |                                                                                                                                       |                                                                                                                                                                                              |                                                                                                                                                                               |

## HOT DELI/GLOBAL EATS

FROM £3.10

**MON**  
**TUE**  
**WED**  
**THU**  
**FRI**

Hot Dog & Crispy Onions  
 Portuguese Peri-Peri Chicken & Rice  
 Cheese burger  
 Thai Style Pork With Chilli & Coconut  
 Chicken Naan with Crispy Onions, Yoghurt & Mint Sauce

## DESSERTS

FROM £1.55

Pancakes with toffee sauce  
 Hummingbird Cake  
 Caramel Apple Shortbread Crumble & Custard  
 Lemon & Blueberry Sponge  
 Cherry Flapjack



**PASTA/JACKETS  
STATION AND SALAD  
BAR AVAILABLE  
EVERYDAY!**



**LOOK OUT FOR OUR  
MEAL DEALS AND  
GRAB & GO!**



W/C: 31<sup>st</sup> August, 21<sup>st</sup> Sept, 12<sup>th</sup> Oct, 9<sup>th</sup> & 30<sup>th</sup> Nov

**ALLERGEN  
INFORMATION**

If you have a food allergy or intolerance, please ask the Allergen Guru or Chef Manager about the ingredients in your meal.

# Week 2 MAINS

FROM £3.10

| MON                                                                                                                                                          | TUE                                                                                                                                                                                                                     | WED                                                                                                                                                                                             | THU                                                                                                                                                         | FRI                                                                                                                                                                               |
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| <b>TEX-MEX</b><br>Creamy Cajun Chicken<br>Black Beans & Roasted Peppers<br>Cheesy Bean & Pepper Quesadilla<br>Steamed Rice<br>Roasted Corn<br>Tortilla Chips | <b>TASTE OF MOROCCO</b><br>Merguez Lamb Smothered Pitta with Spicy Yoghurt<br>Harissa Feta & Squash Borek with Black Onion Seeds<br>Grilled Vegetable Couscous<br>Sumac Red Onion & Tomato Salad<br>Chilli Dusted Fries | <b>TRADITIONAL</b><br>Butchers Sausages with Caramelised Onion Gravy<br>Grilled Veggie Sausages with Caramelised Onion Gravy<br>Creamy Mashed Potatoes<br>Roasted Broccoli<br>Yorkshire Pudding | <b>KOREAN</b><br>Crispy Korean Chicken Burger<br>Crispy Korean Sweet Potato Burger<br>Nori Seasoned Potato Wedges<br>Asian Slaw<br>Sriracha Corn on the Cob | <b>FISH &amp; CHIP SHOP</b><br>Battered Fish Fillet <b>OR</b> Baked Sausage Roll<br>Crispy Vegetable Spring Rolls with Curry Sauce<br>Chips<br>Peas<br>Baked Beans<br>Curry Sauce |



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## HOT DELI/GLOBAL EATS

FROM £3.10

**MON  
TUE  
WED  
THU  
FRI**

Crispy Chicken Baguette with Katsu Mayo & Slaw  
 Tex Mex Chicken with Sour Cream & Nachos  
 Korean BBQ Chicken Wings with Rice  
 Jamaican Jerk Pork with Rice & Beans  
 Crunchy Fish Finger Wrap with Tartare Sauce

## DESSERTS

FROM £1.55

Belgian Waffles with Syrup  
 Key Lime Glazed Cake  
 Autumn Pear & Berry Crumble with Custard  
 Biscoff Frosted Carrot Cake  
 Chocolate Brownie

W/C: 7<sup>th</sup> & 28<sup>th</sup> Sept, 19<sup>th</sup> Oct, 16<sup>th</sup> Nov, 7<sup>th</sup> Dec

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INFORMATION**

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# Week 3 MAINS

FROM £3.10

| MON                                                                                                                                                                 | TUE                                                                                                                                                                                 | WED                                                                                                                                                                                                                         | THU                                                                                                                                                                                                            | FRI                                                                                                                                                                                           |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>MEDITERRANEAN</b><br><br>Caponata Chicken & Chickpea Tray Bake<br><br>Caponata Vegetable & Chickpea Tray Bake<br><br>Penne Pasta<br>Garden Salad<br>Garlic Bread | <b>TASTE OF THE U.S</b><br><br>Cheesy Tater Tots Topped Beef Chilli Pie<br><br>Kale & Polenta Hush Puppies with Cajun Aioli<br><br>Corn Ribs<br>Texan Slaw<br>Cheesy Fire Cornbread | <b>MOST OF ROAST</b><br><br>Roast Pork with Stuffing & Herb Gravy<br><br>Seasonal Vegetable & Lentil Wellington with Stuffing & Herb Gravy<br><br>Skin on Roast Potatoes<br>Roasted Carrots & Parsnips<br>Yorkshire Pudding | <b>INDO-MEX</b><br><br>Lamb Eat Curious Keema Burrito Bowl with Salsa<br><br>Eat Curious Veggie Keema Burrito Bowl with Salsa<br><br>Zesty Lime & Coriander Rice<br>Roasted Cumin Cauliflower<br>Masala Nachos | <b>FISH &amp; CHIP SHOP</b><br><br>Battered Fish Fillet <b>OR</b> Crispy Chicken Tenders<br><br>Crispy Vegetable Samosa with Mango Chutney<br><br>Chips<br>Peas<br>Baked Beans<br>Curry Sauce |



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## HOT DELI/GLOBAL EATS

FROM £3.10

**MON  
TUE  
WED  
THU  
FRI**

Fajita chicken nachos & sour cream  
  
 Korean Chicken Bibimbap with Hot Chilli Sauce  
  
 Indonesian Chicken Stir-Fried Rice  
  
 Lamb Kofta with Raitha, Flatbread and Salad  
  
 Crispy Korean Chicken Burger

## DESSERTS

FROM £1.55

Lemon & White Chocolate Drizzle Cake  
  
 American Apple Streusel  
  
 Toffee & Banana Cake  
  
 Double Chocolate Pudding  
  
 Cookies & Cream Shortbread Biscuit

W/C: 14thth Sept, 5<sup>th</sup> Oct, 2<sup>nd</sup> & 23<sup>rd</sup> Nov, 14<sup>th</sup> Dec

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