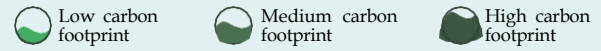


WEEKLY MENU

WEEK ONE

Look out for our carbon footprint logos on our counters to see the impact of your meal choices on the planet



ACT 1		Monday	Tuesday	Wednesday	Thursday	Friday
		ORIGINALS	ORIGINALS	ORIGINALS	ORIGINALS	ORIGINALS
MAINS Choose from:		Traditional Baked Lasagne Lasagne Verdi with Roasted ve	Sweet & Sour Chicken Pulled BBQ Jackfruit Burgers	Roast of the Day Roast Quorn Fillet	Roasted Vegetable Plait Baked Feta, Tomato & Red Onion	Oven Baked Fish Vegan Sausage Roll (Ve)
sides	Carb	Garlic Bread	Rice	Stuffing & Spuds	New Potatoes	Chips
	Veg	Seasonal Salads	Peas/Coleslaw	Cabbage/Carrots	Green Bean /Coleslaw	Peas & Carrots
dips		Mayo/Dressing	Sweet Chilli/Mayo	Gravy	Gravy/Ketchup	Tartare/Ketchup

ACT 2		Monday	Tuesday	Wednesday	Thursday	Friday
		MEXICAN	ITALIAN	AMERICAN	PLANT+	ORIGINALS
MAINS Choose from:		Chipotle Chicken Corn Salsa	Pasta Primavera (F50)	Corn Ribs, Honeyed carrots, re-f	Butternut Squash & Chickpea T	Oven Baked Breaded Fish Fish Fingers
VEGGIE OPTION		Black Bean and Chargrilled Veg Tacos	Cauliflower and Broccoli Crunchy Cheese Bake	BBQ Pulled Quorn Burger	Stretched Loaded Pizza	Vegan Sausage Roll (Ve)
sides	Carb	Steamed Fluffy Rice	Focaccia	Diced Potatoes	Cous Cous with garden peas	Chips
	Veg	Broccoli/Salad	Mixed Salads	Roasted Sweetcorn	Selection of house Salads	Peas & Carrots
dips		Mayo/Dressing	Pesto/Dressing	BBQ/Mayo	Lemon and Parsley Yoghurt	Tartare/Ketchup

Add a Dessert to your meal

dessert	Choice of Fresh Red and Green Apples , Oranges and Bananas
	Seasonal Fruit Salad Pot , Black & Green Grape Pot , Mixed Melon Pot and Organic Yoghurts

(F50) Future 50: Contains one or more of the top 50 most sustainable foods in the world!	(Plant+) Represents plant-rich dishes that are better for your health & the environment.	(v) Vegetarian	(Ve) Vegan	(20%<) 20% less meat
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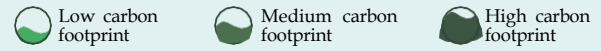
For allergen content please speak to a member of staff who will be happy to assist

AVAILABLE DAILY:
Jacket potatoes baked onsite with a daily choice of two toppings
Mixed salad bar | Selection of seasonings | Wholesome soup bar | Deli grab & go range

WEEKLY MENU

WEEK TWO

Look out for our carbon footprint logos on our counters to see the impact of your meal choices on the planet



ACT 1		Monday	Tuesday	Wednesday	Thursday	Friday
		ORIGINALS	ORIGINALS	ORIGINALS	ORIGINALS	ORIGINALS
MAINS Choose from:		Grilled Cumberland Sausage Grilled Quorn Sausage	Vegan Burger (Ve) Macaroni Cheese	Classic Roast of the Day Roast Quorn Fillet	Minced Beef & Veg Cobbler Lentil Cottage Pie	Oven Baked Breaded Fish
sides	Carb	Creamy Potato Mash	Sweet Potato Wedges	Stuffing & Spuds	Boiled New Potatoes	Chips
	Veg	Steamed Kale, Braised Red Onion	Selection of House Salads	Broccoli/Parsnips	Roasted Carrots	Peas & Carrots
dips		Gravy	Relish/ketchup	Gravy	Gravy	Tartare/Ketchup

ACT 2		Monday	Tuesday	Wednesday	Thursday	Friday
		MEXICAN	PLANT+	ASIAN	SOUTH AMERICAN	ORIGINALS
MAINS Choose from:		Birria Pork Taco	Sweet Potato & Cauliflower	Crispy Pork and vegetables	Jerk Chicken & Pineapple K	Fish Fingers
VEGGIE OPTION		Bean and Pepper Quesadilla	Red Pepper & Bean Biryani	Quorn and Seasonal Vegetable Ramen	Black Bean Empanada	Vegan Nuggets
sides	Carb	Potato Salad	Bombay Pots/Rice	Rice/Noodles	Rice	Chips
	Veg	Green Beans /Salads	Sag Aloo	Broccoli	Corn on the Cob	Peas & Carrots
dips		Salsa/Mayo	Chutney/Raita	Sweet Chilli/Mayo	Gravy	Tartare/Ketchup

Add a Dessert to your meal

dessert	Choice of Fresh Red and Green Apples , Oranges and Bananas
	Seasonal Fruit Salad Pot , Black & Green Grape Pot , Mixed Melon Pot and Organic Yoghurts

(F50) Future 50: Contains one or more of the top 50 most sustainable foods in the world!	(Plant+) Represents plant-rich dishes that are better for your health & the environment.	(v) Vegetarian	(Ve) Vegan	(20%<) 20% less meat
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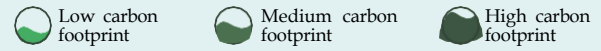
AVAILABLE DAILY:
Jacket potatoes baked onsite with a daily choice of two toppings
Mixed salad bar | Selection of seasonings | Wholesome soup bar | Deli grab & go range



WEEKLY MENU

WEEK THREE

Look out for our carbon footprint logos on our counters to see the impact of your meal choices on the planet



ACT 1		Monday	Tuesday	Wednesday	Thursday	Friday
		ORIGINALS	ORIGINALS	ORIGINALS	ORIGINALS	ORIGINALS
MAINS Choose from:		Pie Bar Vegan Cottage Pie	Katsu Chicken Cheese & Tomato Quiche (V)	Roast of the Day Quorn Fillet (Ve)	Southern Baked Quorn Bur Halloumi Burger	Fish Fingers
sides	Carb	Boiled New Potatoes	Rice	Stuffing & spuds	Potato Wedges	Chips
	Veg	Peas, corn & Broccoli	Kale/salad	Carrots & red cabbage	Broccoli/peas	Peas & Carrots
dips		Gravy	Mayo	Gravy	Ketchup/relish	Ketchup/Tartare

ACT 2		Monday	Tuesday	Wednesday	Thursday	Friday
		ITALIAN	MIDDLE EAST	JAPANESE	PLANT+	ORIGINALS
MAINS Choose from:		Carbonara Pizza	Shoulder of Pork with Crush	Teriyaki Chicken	Sweet Potato Chana Masala	Oven Baked Breaded Fish o
VEGGIE OPTION		Broccoli, Cheese and Sweetcorn Pasta	Veggie Shawarma	Veggie Yaki Udon Noodles	Chickpea and Spinach Curry	Margherita Pizza
sides	Carb	-	Sweet Potato Wedges	Noodles	Bombay Potatoes/Rice	Chips
	Veg	Mixed Salads	Shredded Salads	Green Beans	Salads with Pulses	Peas & Carrots
dips		Mayo/Dressing	Sweet Chilli/BBQ	Sweet Chilli/Soy	Chutney & Raita	Tartare/Ketchup

Add a Dessert to your meal

dessert

Choice of Fresh Red and Green Apples , Oranges and Bananas
Seasonal Fruit Salad Pot , Black & Green Grape Pot , Mixed Melon Pot and Organic Yoghurts



(F50)

Future 50: Contains one or more of the top 50 most sustainable foods in the world!



(Plant+)

Represents plant-rich dishes that are better for your health & the environment.



(v)
Vegetarian



(Ve)
Vegan



(20%<)
20% less meat

For allergen content please speak to a member of staff who will be happy to assist

AVAILABLE DAILY:

Jacket potatoes baked onsite with a daily choice of two toppings
Mixed salad bar | Selection of seasonings | Wholesome soup bar | Deli grab & go range

