



WEEK 1

### Classic Favourites

MONDAY



### EASTERN

TUESDAY



### Great British

WEDNESDAY



### SOUTHERN STYLE

THURSDAY



### Fish & Chips

FRIDAY



MAIN MEAL

**BEEF & TOMATO RAGOUT**

Pasta

**KUNG PAO CHICKEN**

Rice

**LEMON & THYME ROAST CHICKEN LEG**

Roast Potatoes & Gravy

**CHICKEN KATSU CURRY**

Rice

**CHIP SHOP 'FRYDAY' FISH, PIZZA, SAUSAGE OR FISHCAKE**

Chips & Peas

VEGETARIAN MEAL

**PLANT BASED RAGOUT**

Pasta

**ASIAN VEGETABLE & NOODLE STIR FRY**

**MACARONI CHEESE WITH A CRUNCHY TOPPING**

**EGG PLANT KATSU CURRY**

Rice

**JAMAICAN SQUASH PASTY**

VEGETABLES

**SALAD**

**CARROT & SESAME SALAD**

**SEASONAL VEGETABLES**

**STIR FRY VEGETABLES**

**PEAS CHIPS**

PASTA POTS

**TOMATO & BASIL**

**CHEF SPECIAL**

**TOMATO & BASIL**

**CHEF SPECIAL**

**TOMATO & BASIL**

JACKET POTATO

**TOPPED WITH A CHOICE OF CHEESE, TUNA OR BEANS**

DESSERT

**MIXED BERRY & APPLE CRUMBLE**

Custard

**LEMON & LIME CHEESECAKE**

**SYRUP SPONGE**

Custard

**SELECTION OF ICE CREAMS & FROZEN YOGHURTS WITH TOPPINGS**

**CHOCOLATE SPONGE**

Chocolate Sauce

FRUIT POT

**SELECTION OF FRUIT POTS AVAILABLE DAILY**

JELLY POTS

**SELECTION OF JELLY POTS AVAILABLE DAILY**

YOGHURT POTS

**SELECTION OF YOGHURT POTS AVAILABLE DAILY**

TRY OUR HOME-MADE **SOUP** WITH FRESHLY BAKED BREAD

LOOK OUT FOR AMAZING BLUE DOT MEAL DEALS



PIZZAS, WRAPS & PANINIS FRESH OPTIONS EVERY DAY

**TAKE HOME A TAKEAWAY**

Collect Before You Go Home

**LUNCH MEAL DEAL**

Check out what's on offer today!



WATCH OUT FOR OUR

**POP UP & STREET FOOD PROMOTIONS**

All of Our Deli Range, Sandwiches, Salads & Desserts are


**FRESHLY MADE HERE DAILY**



**WEEK 2**

**Classic Favourites**  
MONDAY 

**EASTERN**  
TUESDAY 

**Great British**  
WEDNESDAY 

**SOUTHERN STYLE**  
THURSDAY 

**Fish & Chips**  
FRIDAY 

**MAIN MEAL**

**TRADITIONAL SAUSAGE & MASH**  
Gravy

**THAI RED CHICKEN CURRY**  
Rice

**ROAST TURKEY**  
Roast Potatoes & Gravy

**MONGOLIAN GROUND BEEF CURRY**  
Vegetable Fried Rice

**CHIP SHOP 'FRYDAY' FISH, PIZZA, SAUSAGE OR FISHCAKE**  
Chips & Peas

**VEGETARIAN MEAL**

**VEGAN SAUSAGE & MASH**  
Gravy

**GOAN SWEET POTATO & CHICKPEA CURRY**  
Rice

**CHEDDAR, BROCCOLI & LEEK QUICHE**

**EDAMAME BEAN & VEGETABLE SPRING ROLL**  
Vegetable Fried Rice

**CRISPY ONION PAKORA BURGER WITH MANGO CHUTNEY**

**VEGETABLES**

**PEAS CARROTS**

**STIR FRIED GREENS**

**SEASONAL VEGETABLES SEASONAL SALAD**

**ASIAN SLAW**

**PEAS CHIPS**

**PASTA POTS**

**TOMATO & BASIL**

**CHEF SPECIAL**

**TOMATO & BASIL**

**CHEF SPECIAL**

**TOMATO & BASIL**

**JACKET POTATO**

**TOPPED WITH A CHOICE OF CHEESE, TUNA OR BEANS**

**DESSERT**

**CLASSIC APPLE PIE**  
Custard

**APPLE & BLACKBERRY CRUMBLE**

**JAM SPONGE**  
Custard

**PEAR & GINGER CRUMBLE**  
Cinnamon Custard

**BOSTON BROWNIE**  
Chocolate Sauce

**FRUIT POT**

**SELECTION OF FRUIT POTS AVAILABLE DAILY**

**JELLY POTS**

**SELECTION OF JELLY POTS AVAILABLE DAILY**

**YOGHURT POTS**

**SELECTION OF YOGHURT POTS AVAILABLE DAILY**

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**SOUP**  
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WEEK 3

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<b>MAIN MEAL</b>	<b>BEEF MEATBALLS IN A TOMATO &amp; BASIL SAUCE</b> Garlic Bread	<b>LEBANESE CHICKEN &amp; TOMATO CURRY</b> Cous Cous	<b>SALT &amp; PEPPER CHICKEN</b> Roast Potatoes & Gravy	<b>MEXICAN SPICED BEEF</b> Nachos, Rice, Salsa	<b>CHIP SHOP 'FRYDAY' FISH, PIZZA, SAUSAGE OR FISHCAKE</b> Chips & Peas
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<b>VEGETARIAN MEAL</b>	<b>PLANT BASED MEATBALL PASTA BAKE</b> Garlic Bread	<b>AUBERGINE &amp; CHICKPEA CURRY</b> Rice	<b>ROASTED BUTTERNUT SQUASH WELLINGTON</b> Roast Potatoes & Gravy	<b>MIXED BEAN CHILLI</b> Nachos, Rice, Salsa	<b>CURRIED CAULIFLOWER &amp; SPINACH FLATBREAD &amp; HARISSA HOUMOUS</b>
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<b>VEGETABLES</b>	<b>GARDEN SALAD</b>	<b>SALAD</b>	<b>SEASONAL VEGETABLES</b>	<b>SWEETCORN</b>	<b>PEAS CHIPS</b>
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<b>PASTA POTS</b>	<b>TOMATO &amp; BASIL</b>	<b>CHEF SPECIAL</b>	<b>TOMATO &amp; BASIL</b>	<b>CHEF SPECIAL</b>	<b>TOMATO &amp; BASIL</b>
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**JACKET POTATO** **TOPPED WITH A CHOICE OF CHEESE, TUNA OR BEANS**

<b>DESSERT</b>	<b>WAFFLE BAR</b> Fruit Compote	<b>SPICED APPLE SPONGE</b> Cinnamon Custard	<b>STICKY LEMON SPONGE</b> Custard	<b>CHOCOLATE COOKIE TRIFLE</b>	<b>CHOCOLATE BROWNIE</b> Vanilla Sauce
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**FRUIT POT** **SELECTION OF FRUIT POTS AVAILABLE DAILY**

**JELLY POTS** **SELECTION OF JELLY POTS AVAILABLE DAILY**

**YOGHURT POTS** **SELECTION OF YOGHURT POTS AVAILABLE DAILY**

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