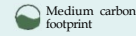


# WEEKLY MENU

## 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
		<b>ORIGINALS</b>	<b>ORIGINALS</b>	<b>ORIGINALS</b>	<b>ORIGINALS</b>	<b>ORIGINALS</b>
<b>MAINS</b> Choose from:		Classic Spaghetti Bolognese or Stretched Loaded Pizza	Grilled Sausage & Gravy or Quorn Sausage & Gravy	Classic Roast of the Day or Puff Pastry Wellington	Kale Pesto Pasta or Macaroni Cheese	Oven Baked Breaded Pollock or Oven Baked Fish Finger
<b>sides</b>	Carb	Sweet Potato Wedges	Creamy Mashed Potato	Stuffing & Spuds	Freshly Made Garlic Bread	Chips
	Veg	Beetroot Salad	Savoy Cabbage	Carrots & Swede	Panzanella Salad	Peas & Carrots
<b>dips</b>		Ketchup/Relish	Gravy	Gravy	Balsamic Glaze	Tartare/Ketchup

ACT 2		Monday	Tuesday	Wednesday	Thursday	Friday
		<b>SOUTH AMERICAN</b>	<b>ASIAN</b>	<b>ASIAN</b>	<b>PLANT+</b>	<b>ORIGINALS</b>
<b>MAINS</b> Choose from:		Jerk Chicken Thigh or Stuffed Sweet Potato	Teriyaki Chicken or Crispy Pork Noodles	Tandoori Chicken Wings or Chicken Korma	Chickpea & Coconut Dahl or Vegan Sausage Roll	Fish Finger Gyros or Salmon Fish Fingers
<b>VEGGIE OPTION</b>		Jamaican Sweetcorn Fritter	Crispy Tempeh Noodles	Sweet Potato Chana Masala	Sweet Potato & Bean Jalfrezi	Margherita Pizza
<b>sides</b>	Carb	Rice & Peas	Noodles	Bombay Potatoes	Braised Turmeric Rice	Chips
	Veg	Chickpea & Sweetcorn Salad	Asian Slaw	Cauliflower Aloo Gobi	Fresh Broccoli Florets	Mushy Peas
<b>dips</b>		Mayo/Sweet Chilli	Dark Soy	Mango Chutney / Raita	Mayo/Dressing	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

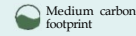
**AVAILABLE DAILY:**  
Jacket potatoes baked onsite with a daily choice of two toppings  
Mixed salad bar | Selection of seasonings | Wholesome soup bar | Deli grab & go range



# 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
		<b>ORIGINALS</b>	<b>ORIGINALS</b>	<b>ORIGINALS</b>	<b>ORIGINALS</b>	<b>ORIGINALS</b>
<b>MAINS</b> Choose from:		Pie Bar or Shepherdess Pie	Beany Chilli Nachos or Blackbean Empanada	Classic Roast of the Day or Baked Quorn Loaf	Chicken Fajita or Pasta Primavera	Oven Baked Breaded Pollock or Oven Baked Fish Finger
<b>sides</b>	Carb	Baby Parsley Potatoes	Braised Rice	Stuffing & Spuds	Freshly Baked Garlic Bread	Chips
	Veg	Green Beans & Peas	Sweetcorn	Roasted Squash/ Cabbage	House Salad	Garden Peas
<b>dips</b>		Gravy	Mayo	Gravy	Mayo/Relish	Tartare/Ketchup

ACT 2		Monday	Tuesday	Wednesday	Thursday	Friday
		<b>MEXICAN</b>	<b>PLANT+</b>	<b>AMERICAN</b>	<b>MIDDLE EAST</b>	<b>ORIGINALS</b>
<b>MAINS</b> Choose from:		Birria Chicken Taco or Chipotle Chicken	Teriyaki Quorn Stir Fry Tomato & Borlotti Paske Bake	Philly Cheese Steak or Cajun Chicken Flatbread	Chicken Shawarma or Roasted Veg Shawarma	Salmon Katsu or Baked Mackerel
<b>VEGGIE OPTION</b>		Bean and Pepper Quesadilla	Chick Pea and Squash Tajine	The Best Chick Pea Burger	Dry Aubergine Curry	Vegan Quorn Nuggets
<b>sides</b>	Carb	Warm New Potato Salad	Sweet Potato Wedges	Roasted Potatoes	Cous Cous	Chips
	Veg	Pickled Cucumber & onion	Broccoli	Red Cabbage Slaw	Mixed Bean Salad and Moroccan Green Slaw	Baked Beans
<b>dips</b>		Salsa/Mayo	Soy Sauce	Salsa/Mayo	Balsamic Glaze	Tartare/Ketchup

### Add a Dessert to your meal

#### dessert

Choice of Fresh Red and Green Apples and Bananas   
Seasonal Fruit Salad Pot and Organic Yoghurts

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(v) Vegetarian

(Ve) Vegan

(20%<) 20% less meat

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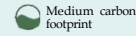
#### AVAILABLE DAILY:

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
	<b>ORIGINALS</b>	<b>ORIGINALS</b>	<b>ORIGINALS</b>	<b>ORIGINALS</b>	<b>ORIGINALS</b>
<b>MAINS</b> Choose from:	Chicken & Vegetable Filo Pie or Braised Sausage Casserole	Piri Piri Chicken Thigh or Freshly Made Burger	Classic Roast of the Day or Roasted Quorn Fillet	Lentil & Vegetable Cottage Pie or Roasted Vegetable Pasta Bake	Oven Baked Breaded Pollock or Fish Fingers
<b>sides</b>	<b>Carb</b>	Baby Parsley Potatoes	Oven Baked Wedges	Stuffing & spuds	Baby Boiled Potatoes
	<b>Veg</b>	Green Beans	Coleslaw	Broccoli	Green Beans
<b>dips</b>	Gravy	Salsa, Mayo	Gravy	Gravy	Ketchup/Tartare

### ACT 2

	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>ITALIAN</b>	<b>MIDDLE EAST</b>	<b>JAPANESE</b>	<b>PLANT+</b>	<b>ORIGINALS</b>
<b>MAINS</b> Choose from:	Carbonara Pizza or Gnocchi Spinach and Bacon	Katsu Chicken or Chicken laksa	Greek Style Meatball Bake or Veggie Meatball Bake	Vegetable Plait or Falafel & Hummus Flatbread	Salmon Fish Fingers or Baked Mackerel
<b>VEGGIE OPTION</b>	Broccoli, Sweetcorn Pasta Bake	Hoi Sin Stir Fried Veg	Southern Baked Quorn Burger	Sweet Potato & Chick Pea Curry	Quorn Loaded Chilli Dogs
<b>sides</b>	<b>Carb</b>	New Potato Salad	Steamed Rice	Roast Potato	Rice
	<b>Veg</b>	Mixed Bean Salads	Wilted kale / Edamame Salad	Broccoli	Tomato & Onion Salad
<b>dips</b>	Mayo/Dressing	Soy Sauce	Mayo	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

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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