

# WEEKLY MENU

WEEK 1



**EVERY TUESDAY**

Asian inspired noodles with a selection of protein and vegetables



**EVERY WEDNESDAY**

Authentic Greek flatbreads topped with marinated chicken or plant-based protein



**EVERY THURSDAY**

Drumsticks 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



Mediterranean Vegetable Ragu with Gnocchi & Garlic Bread



**TUE**

Chicken & Lentil Arrabiata with Wholewheat Penne & Garden Salad (Halal available)



**WED**

Roast of the Day with Seasonal Greens, Carrots, Roasties & Gravy (Halal available)



**THU**

Chicken & Sweetcorn Pie with Broccoli, Carrots & Cauliflower (Halal available)



**FRI**

Sustainably Sourced Battered Fish & Chips with Peas or Beans

Mac & Cheese Topped with Crispy Onions Served with Garlic Bread & Mixed Salad <sup>(V)</sup>

Vegemince Chilli with Yellow Rice, Broccoli, Carrots & Cauliflower <sup>(V)</sup>



Veggie Sausage & Tomato Bake with Seasonal Greens, Carrots & Roasties <sup>(V)</sup>



Cheese & Spring Onion Loaded Potato Skins with Broccoli, Carrots & Cauliflower <sup>(V)</sup>



Pizza Selection with Chips or Wedges

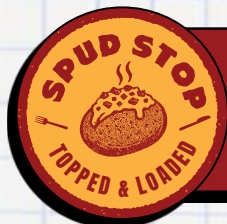


## POT & TASTY

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



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



At least 3g/100g fibre



At least 12% kcals from protein



Less than 1.5% saturated fat



Hits all three nutrition targets

V - VEGETARIAN  
VG - VEGAN

13th April, 4th May, 25th May, 15th June, 6th July, 7th Sept, 28th Sept, 19th Oct 2026

# WEEKLY MENU

WEEK 2



EVERY  
TUESDAY

Asian inspired noodles  
with a selection of  
protein and vegetables



EVERY  
WEDNESDAY

Authentic Greek  
flatbreads topped with  
marinated chicken or  
plant-based protein

EVERY  
THURSDAY

Drumsticks 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



Garlic Mushroom Mac & Cheese <sup>(V)</sup>

TUE

BBQ Chicken Burrito with Mixed Rice  
& Salsa (Halal available)



WED

Roast of the Day with Seasonal  
Greens, Carrots, Roasties & Gravy  
(Halal available)



THU

Sausage & Mash with Caramelised  
Onion Gravy & Seasonal Vegetables  
(Halal available)



FRI

Sustainably Sourced Battered Fish &  
Chips or Oven Baked Chicken Nuggets  
& Chips (Halal available)



Butternut & Beany Vegetable  
Burrito <sup>(VG)</sup>



Spaghetti with Roasted Vegetables  
in Herby Tomato Sauce <sup>(V)</sup>



Smoky Cheese & Butternut Quiche  
with Seasonal Greens, Carrots &  
Roasties <sup>(V)</sup>

Veggie Sausage & Mash with  
Caramelised Onion Gravy & Seasonal  
Vegetables <sup>(VG)</sup>



Pizza Selection with Chips or Wedges

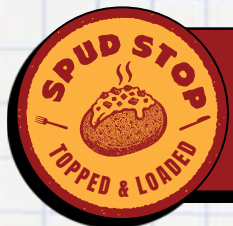


## POT & TASTY

Daily range of ready to go pots including  
pastas, salads and rice bowls

## DESSERTS

Enjoy our chefs choice of sweet  
treats, served every day



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



At least  
3g/100g fibre



At least 12% kcals  
from protein



Less than 1.5%  
saturated fat



Hits all three  
nutrition targets

V - VEGETARIAN  
VG - VEGAN

30th March, 20th April, 11th May, 1st June, 22nd June, 13th July, 14th Sept, 5th Oct, 26th Oct 2026

# WEEKLY MENU

WEEK 3



EVERY  
TUESDAY

Asian inspired noodles  
with a selection of  
protein and vegetables



EVERY  
WEDNESDAY

Authentic Greek  
flatbreads topped with  
marinated chicken or  
plant-based protein

EVERY  
THURSDAY

Drumsticks served with  
a range of signature  
marinades and  
seasoned rice

CHICK  
N'RUN

Switch it up with our street food favourites! Ask the team for this week's flavours



**TUE**

Sweet Potato Katsu with Mixed Rice  
& Pickled Vegetables <sup>(VG)</sup>



Thai Red Chicken Curry with  
Mixed Rice (Halal available)

**WED**

Roast of the Day with Seasonal  
Greens, Carrots, Roasties & Gravy  
(Halal available)

**THU**

Beef & Lentil Ragu with Gnocchi  
(Halal available)

**FRI**

Sustainably Sourced Battered Fish  
& Chips or Oven Baked Chicken  
Goujons & Chips (Halal available)

Vegetable Lasagne with Garlic Bread <sup>(V)</sup>



Thai Red Sweet Potato & Vegetable  
Curry with Mixed Rice <sup>(VG)</sup>



Keema Bake Slice with Seasonal  
Greens, Carrots, Roasties & Gravy <sup>(V)</sup>



Cheese Quiche with Salad & Minted  
New Potatoes <sup>(V)</sup>



Pizza Selection with Chips or Wedges

## POT & TASTY

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pastas, salads and rice bowls

## DESSERTS

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At least  
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At least 12% kcals  
from protein



Less than 1.5%  
saturated fat



Hits all three  
nutrition targets

V - VEGETARIAN  
VG - VEGAN

6th April, 27th April, 18th May, 8th June, 29th June, 20th July, 31st Aug, 21st Sept, 12th Oct 2026