

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

CHICK
N'RUN

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



TUE

Thai Yellow Vegetable Curry, Broccoli,
Salad & Mixed Rice ^(VG)



BBQ Beef & Bean Chilli with Penne and
Mixed Salad



WED

Roast of the Day, Gravy & Roasties
with Seasonal Greens and Carrots



THU

Chicken & Sweetcorn Pie with Broccoli,
Carrots & Cauliflower



FRI

Sustainably Sourced Battered Fish
& Chips with Peas or Beans



Mac & Cheese with Crispy Onions
with Garlic Bread & Mixed Salad ^(V)



Vegemince Cottage Pie with
Broccoli, Carrots & Cauliflower ^(VG)



Roast Quorn, Gravy, Roasties with
Seasonal Greens & Carrots ^(V)



Cheese, Onion & Potato Pie with
Broccoli, Carrots & Cauliflower ^(V)



Pizza Selection with Chips or Wedges

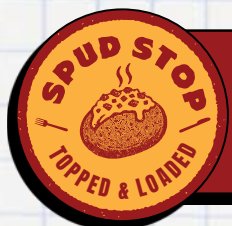


POT & TASTY

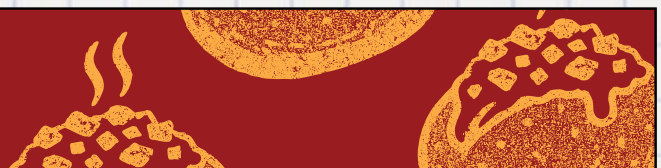
Daily range of ready to go pots including
pastas, salads and rice bowls

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



Contains Iron



For a healthy gut



Slow release energy



Contains protein



Contains Calcium

V - VEGETARIAN
VG - VEGAN

10th Nov, 1st & 22nd Dec, 19th Jan, 9th Feb, 2nd & 23rd March

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



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TUE

Baked Macaroni Cheese with Tomato
& Oregano Topping ^(V)



Kashmiri Spice Bowl with Beef
& Lentils and Mixed Rice



WED

Roast of the Day, Gravy & Roasties
with Seasonal Greens and Carrots



THU

Pork Sausage & Mash, Caramelised
Onion Gravy & Seasonal Vegetables



FRI

Sustainably Sourced Battered Fish
& Chips ^(V)
Oven Baked Chicken Nuggets
& Chips ^(V)

Roasted Vegetable & Hummus
Panini ^(VG)



Spaghetti with Roasted Vegetables
in Herby Tomato Sauce ^(V)



Roasted Lentil Loaf with Sticky
Ketchup Glaze & Roast Potatoes ^(VG)



Veggie Sausage & Bean Hot Pot ^(VG)



Pizza Selection with Chips or Wedges

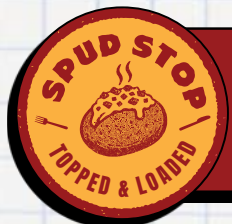


POT & TASTY

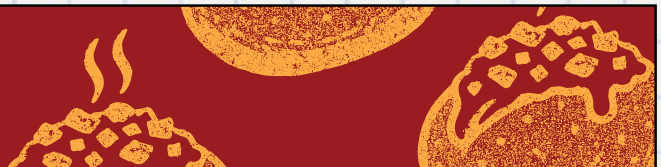
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pastas, salads and rice bowls

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VG - VEGAN

27th Oct, 17th Nov, 8th Dec, 5th & 26th Jan, 16th Feb, 9th March

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



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



TUE

WED

THU

FRI

Vegan Sausage Roll & Homebaked
Potato Wedges (VG)



Mild Chicken Korma with Sweet Potato
and Lentils & Mixed Rice



Roast of the Day, Gravy & Roasties
with Seasonal Greens and Carrots



Greek Style Layered Beef Pasta Bake



Sustainably Sourced Battered Fish
& Chips
Oven Baked Chicken Goujons
& Chips



Mild & Creamy Vegetable Korma
Curry & Mixed Rice (VG)



Vegetable Bolognese Pasta &
Garlic Bread (V)



Roasted Winter Vegetable
Casserole with Roast Potatoes (VG)



Greek-Style Layered Vegetable
Pasta Bake (V)



Pizza Selection with Chips or Wedges

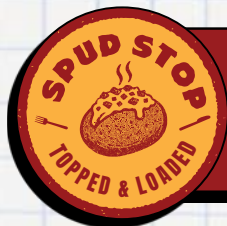


POT & TASTY

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VG - VEGAN

3rd & 24th Nov, 15th Dec, 12th Jan, 2nd & 23rd Feb, 16th March