

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

Chicken 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

Veggie Sausage & Baked Bean Hot Pot
with Broccoli and Sweetcorn or Mixed
Salad (VG)

Pork Goulash & Tagliatelle Pasta with
Broccoli, Carrots and Cauliflower

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

Chicken in Blackbean Sauce & Mixed
Rice with Green Beans, Sweetcorn and
Peppers

Sustainably Sourced Battered Fish &
Chips with Peas and Beans or Mixed
Salad

Turkish-Style Veggie Pizza & Mixed Salad
with Wedges, Broccoli and Sweetcorn (V)

Plant-Based Goulash & Tagliatelle Pasta
with Broccoli, Carrots and Cauliflower
(VG)

Veggie Sausage, Tomato & Basil Pasta
with Seasonal Greens and Carrots (VG)

Veggie Cottage Pie with Sweetcorn,
Peppers & Green Beans (VG)

Pizza Selection with Chips/Wedges,
Peas & Beans or Mixed Salad

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



7th & 28th Sep, 19th Oct, 9th & 30th Nov, 21st Dec, 4th & 25th Jan,
15th Feb, 8th & 29th March

V - VEGETARIAN
VG - VEGAN

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

Chicken 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

Louisiana-Style Sausage, Bean & Vegetable Stew with Rice, Sweetcorn and Green Beans or Mixed Salad (VG)

WED

Chicken Shawarma Flatbread & Harissa Dressing with Green Beans and Sweetcorn or Mixed Salad

THU

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

FRI

Sausage & Mash, Caramelised Onion Gravy with Broccoli, Carrots & Cauliflower

Sustainably Sourced Battered Fish & Chips with Peas and Beans or Mixed Salad

Jacket Potato & Veggie Chilli with Green Beans and Sweetcorn or Mixed Salad (VG)

Sweet Potato, Spinach & Chickpea Style Korma with Mixed Rice, Peas and Mixed Vegetables or Garden Salad (VG)

Smokey Cheese & Butternut Quiche with Roast Potatoes, Seasonal Greens and Carrots (V)

Thai Style Nut-Free Satay & Rice with Broccoli, Carrots and Cauliflower (VG)

Pizza Selection with Chips/Wedges, Peas & Beans or Mixed Salad

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



14th Sep, 5th & 26th Oct, 16th Nov, 7th Dec, 11th Jan, 1st & 22nd Feb, 15th March

V - VEGETARIAN
VG - VEGAN

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

Chicken 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

WED

THU

FRI

Spiced Chickpea & Vegetable Flatbread
with Garlicky Green Beans and Carrots
or Mixed Salad (VG)

Thai Red Chicken Curry & Mixed Rice
with Roasted Sweetcorn and Peppers or
Mixed Salad

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

Chicken Marinara & Tomato Pasta Bake
with Carrots, Cauliflower and Broccoli or
Mixed Salad

Sustainably Sourced Battered Fish &
Chips with Peas and Beans or Mixed
Salad

Vegetable Biryani with Garlicky Green
Beans & Carrots or Mixed Salad (VG)

Thai Red Vegetable Curry & Rice with
Roasted Sweetcorn and Peppers or
Mixed Salad (V)

Savoury Veggie Mince, Yorkshire
Pudding, Roasties, Seasonal Greens &
Carrots (V)

Chinese-Style Street Rice with Carrots,
Cauliflower & Broccoli or Mixed Salad
(VG)

Pizza Selection with Chips/Wedges,
Peas & Beans or Mixed Salad

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

31st Aug, 21st Sep, 12th Oct, 2nd & 23rd Nov, 14th Dec,
18th Jan, 8th Feb, 1st & 22nd March

V - VEGETARIAN
VG - VEGAN