WEEK ONE

MONDAY	**DEEP SOUTH DINER** **Choose a main:** New Yorker Quorn Dog **OR** Black Eyed Bean Veggie Burger Cajun Wedges Chop Chop Salad	**CARIBBEAN** Jerk Beef Wrap Carnival Pasta Sweetcorn	**SPEEDY ITALIAN** Veggie Supreme Pizza V Veggie Bolognaise Pasta V Margherita Pizza V
TUESDAY	**WINGS & THINGS** **Choose a main:** Special Marinated Roast Chicken Drumsticks with BBQ or Sticky Tabasco **OR** Smoky Cauliflower Cheese Garlic Bread BBQ Beans	**CHINESE** Aromatic Soy Pork with Egg Noodles Wok Tossed Oriental Vegetables	**SPEEDY ITALIAN** Bacon Pizza Arrabiata Pasta V Margherita Pizza V
WEDNESDAY	**DEEP SOUTH DINER** **Choose a main:** Ultimate Cheese Burger **OR** Sweet Potato & Squash Stew Paprika Wedges Peas	**THAI** Chicken, Pea & Leek Pasta Bake Corn on the Cob	**SPEEDY ITALIAN** Hawaiian Pizza Herby Tomato Pasta Margherita Pizza V
THURSDAY	**WINGS & THINGS** **Choose a main:** Lemon Piri Chicken Pitta **OR** Veg & Bean Quesadilla Tomato and Herb Rice Caesar Salad	**INDIAN** Beef Keema Balti Curry Cucumber Raita Naan Bread	**SPEEDY ITALIAN** 3 Cheese Sicilian Pizza V Chunky Veg Pasta V Margherita Pizza V
FRIDAY	**DEEP SOUTH DINER** **Choose a main:** Bubble & Squeak Fishcakes **OR** Veggie Quarter Pounder Chips Pineapple Coleslaw	**BRITISH** Battered Fish Fillet Chips Peas	**SPEEDY ITALIAN** Veggie Hot One Pizza V Herby Tomato Pasta V Margherita Pizza V

WE SERVE

a selection of delicious **baguettes, paninis, toasties** and **sandwiches** and NEW exciting **salad pots** every day.

Fruit, Yoghurt & Granola Pots are Available to Enjoy Daily.

Look out for MUNCH - our mid-morning break offer available for you to enjoy Monday-Friday

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WEEK TWO

	WINGS & THINGS	CHINESE	SPEEDY ITALIAN
MONDAY	**Choose a main:** Chicken Mayo Burger **OR** Halloumi & Roasted Vegetable Wrap Paprika Wedges American Style Slaw	Chicken Hakka Noodles Broccoli	Veggie Hot One Pizza V Arrabiatta Pasta V Margherita Pizza V
TUESDAY	**Choose a main:** Cajun Chicken with Salsa **OR** Boston Bean Casserole Wholegrain Rice Red Slaw	MEXICAN Baked Beef Chimichangas Cajun Wedges Streetcorn Salad	Chicken Supreme Pizza Herby Tomato Pasta V Margherita Pizza V
WEDNESDAY	DEEP SOUTH DINER **Choose a main:** Beef Burger **OR** Sweet Potato & Black Bean Enchilada V Baked Garlic & Herb Wedges BBQ Beans	BRITISH Roast Pork & Gravy Roast Potatoes Cabbage and Carrots	Veggie Supreme Pizza V BBQ Chicken Pasta Margherita Pizza V
THURSDAY	DEEP SOUTH DINER **Choose a main:** Chipotle BBQ Pork **OR** BBQ Quorn and Vegetable Skewer Garlic Bread Corn on the Cob	JAPANESE Chicken Katsu Curry Pineapple Rice Pickled Cucumber Salad	Bacon Pizza Herby Tomato Pasta V Margherita Pizza V
FRIDAY	DEEP SOUTH DINER **Choose a main:** Sweet Chili Salmon Wrap **OR** Quorn Sausage Pattie & Cheese Bun Chips Apple Slaw	BRITISH Salmon Fishcake Chips Garlic Bread	Sicilian Cheese & Tomato Pizza V Veg Bolognese Pasta V Margherita Pizza V

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WEEK THREE

MONDAY

DEEP SOUTH DINER
Choose a main: Beef Chilli **OR** Black Eyed Bean and Vegetable
Jambalaya
Garlic Bread
Southern Greens

MEXICAN
Chicken Molay
Mexican Yellow Rice
Green Beans

SPEEDY ITALIAN
Veggie Hot One Pizza ✓
Cheesy Penne Pasta ✓
Margherita Pizza ✓

TUESDAY

WINGS & THINGS
Choose a main: Special Marinated Roast Chicken Drumsticks with BBQ or Sticky Tabasco **OR** Sweet Potato Bean Burger
Carnival Rice
Corn Slaw

INDIAN
Curried Pulled Pork Flatbread
Spiced Sweet Potato
Crunchy Vegetable Salad

SPEEDY ITALIAN
3 Cheese Sicilian Pizza ✓
Herby Tomato Pasta ✓
Margherita Pizza ✓

WEDNESDAY

DEEP SOUTH DINER
Choose a main: Quorn Cheese Burger ✓ **OR** Loaded Triple Mac 'N' Cheese
Baked Garlic & Herb Wedges
BBQ Beans

CARIBBEAN
Beef Stifado
Summer Cous Cous
Lemon & Herb Courgette

SPEEDY ITALIAN
Mushroom & Sweetcorn Pizza ✓
Carbonara Pasta
Margherita Pizza ✓

THURSDAY

WINGS & THINGS
Choose a main: Smoky BBQ Chicken and Boston Bean Wrap **OR** Sweetcorn Chickpea Veggie Burger
Paprika Wedges
Chop Chop Salad

THAI
Chicken Pad Khing
Broccoli

SPEEDY ITALIAN
Sicilian Cheese and Tomato Pizza
Herby Tomato Pasta ✓
Margherita Pizza ✓

FRIDAY

DEEP SOUTH DINER
Choose a main: Katsu Fish Finger Wrap **OR** Cajun Veg & Bean Burrito
Chips
House Slaw

BRITISH
Battered Fish Fillet
Chips
Baked Beans

SPEEDY ITALIAN
Sicilian Cheese & Tomato Pizza ✓
Arrabiata Pasta ✓
Margherita Pizza ✓

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