

N SPIC CRUNCH DELI SW ENER ES CULTURE EXCITING NUTRITIOUS DELICIOUS EAT
URITES WEEK ONE CRUNCH TANGY NORTH LUNCH SOCIAL

MONDAY

DEEP SOUTH DINER

Choose a main: New Yorker Quorn Dog ✓ **OR** Black Eyed Bean Veggie Burger ✓
Cajun Wedges
Chop Chop Salad



TUESDAY

WINGS & THINGS

Choose a main: Special Marinated Roast Chicken Drumsticks with BBQ or Sticky Tabasco **OR** Smokey Cauliflower Cheese ✓
Garlic Bread
BBQ Beans



WEDNESDAY

DEEP SOUTH DINER

Choose a main: Ultimate Cheese Burger **OR** Sweet Potato & Squash Stew ✓
Paprika Wedges
Peas



THURSDAY

WINGS & THINGS

Choose a main: Lemon Piri Chicken Pitta **OR** Veg & Bean Quesadilla ✓
Tomato & Herb Rice
Caesar Salad



FRIDAY

DEEP SOUTH DINER

Choose a main: Cajun Pulled Pork & Bean Pitta **OR** Veggie Quarter Pounder ✓
Chips
Pineapple Coleslaw



CARIBBEAN

Jerk Beef Wrap
Carnival Salad
Sweetcorn



CHINESE

Aromatic Soy Pork with Egg Noodles
Wok Tossed Oriental Vegetables



MEXICAN

Chicken, Pea and Leek Pasta Bake
Corn on the Cob



INDIAN

Beef Keema Balti Curry
Cucumber Raita
Naan Bread



BRITISH

Home-made Battered Fish Fillet
Chips
Peas



SPEEDY ITALIAN

Veggie Supreme Pizza ✓
Veg Bolognese Pasta ✓
Margherita Pizza ✓



SPEEDY ITALIAN

Bacon Pizza
Arrabiata Pasta ✓
Margherita Pizza ✓



SPEEDY ITALIAN

Hawaiian Pizza
Beef Lasagne
Margherita Pizza ✓



SPEEDY ITALIAN

3 Cheese Sicilian Pizza ✓
Chunky Veg Pasta ✓
Margherita Pizza ✓



SPEEDY ITALIAN

Veggie Hot One Pizza ✓
Herby Tomato Pasta ✓
Margherita Pizza ✓



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



WEEK TWO

MONDAY

DEEP SOUTH DINER

Choose a main: Chicken Mayo Burger **OR** Halloumi & Roasted Vegetable Wrap ✓
Paprika Wedges
American Style Slaw



TUESDAY

WINGS & THINGS

Choose a main: Cajun Chicken with Salsa **OR** Boston Bean Casserole ✓
Wholegrain Rice
Red Slaw



WEDNESDAY

DEEP SOUTH DINER

Choose a main: Beef Burger **OR** Sweet Potato & Black Bean Enchilada ✓
Baked Garlic & Herb Wedges
BBQ Beans



THURSDAY

WINGS & THINGS

Choose a main: Chipotle BBQ Pork **OR** BBQ Quorn & Vegetable Skewer ✓
Garlic Bread
Corn on the Cob



FRIDAY

DEEP SOUTH DINER

Choose a main: Special Marinated Roast Chicken Drumsticks with BBQ or Sticky Tabasco **OR** Quorn Sausage Pattie & Cheese Bun ✓
Chips
Apple Slaw



BRITISH

Chicken Hakka Noodles
Broccoli



MEXICAN

Baked Beef Chimichangas
Cajun Wedges
Streetcorn Salad



BRITISH

Roast Pork
Roast Potatoes
Seasonal Cabbage



JAPANESE

Chicken Katsu Curry
Pineapple Rice
Pickled Cucumber Salad



THAI

Mackerel Nicoise Salad
Garlic Bread



SPEEDY ITALIAN

Veggie Hot One Pizza ✓
Arrabiatta Pasta ✓
Margherita Pizza ✓



SPEEDY ITALIAN

Chicken Supreme Pizza
Herby Tomato Pasta ✓
Margherita Pizza ✓



SPEEDY ITALIAN

Veggie Supreme Pizza ✓
BBQ Chicken Pasta
Margherita Pizza ✓



SPEEDY ITALIAN

Bacon Pizza
Beef Lasagne
Margherita Pizza ✓



SPEEDY ITALIAN

Sicilian Cheese & Tomato Pizza ✓
Italian Chicken Pasta
Margherita Pizza ✓



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from ITALY with love

N SPICY CRUNCH DELICIOUS ENERGY CULTURE EXCITING NUTRITIOUS DELICIOUS FUN
WEEK THREE ENERGY CRUNCH EXCITING TANGY NOSH LUNCH SOCIAL

MONDAY

DEEP SOUTH DINER

Choose a main: Beef Chilli **OR** Black Eyed Bean & Vegetable
 Jambalaya ✓
 Garlic Bread
 Southern Greens



TUESDAY

WINGS & THINGS

Choose a main: Roast Chicken Drumsticks Brushed with BBQ or Sticky Tabasco **OR** Sweet Potato Bean Burger ✓
 Carnival Rice
 Corn Slaw



WEDNESDAY

DEEP SOUTH DINER

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



THURSDAY

WINGS & THINGS

Choose a main: Smoky BBQ Chicken & Boston Bean Wrap **OR** Sweetcorn & Chickpea veggie Burger ✓
 Paprika Wedges
 Chop Chop Salad



FRIDAY

DEEP SOUTH DINER

Choose a main: New York Hot Dog **OR** Cajun Veg & Bean Burrito ✓
 Chips
 House Slaw



INDIAN

Chicken Moly
 Mexican Yellow Rice
 Green Beans

CHINESE

Tikka Masala Pulled Pork Flatbread
 Beggars Noodles

MEXICAN

Beef Stifado
 Summer Cous Cous
 Lemon & Herb Courgette

THAI

Chicken Pad Khing
 Broccoli

BRITISH

Home-made Battered Fish Fillet
 Chips
 Baked Beans

SPEEDY ITALIAN

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



SPEEDY ITALIAN

3 Cheese Sicilian Pizza ✓
 Chicken & Tomato Pasta Bake
 Margherita Pizza ✓



SPEEDY ITALIAN

Mushroom & Sweetcorn Pizza ✓
 Carbonara Pasta
 Margherita Pizza ✓



SPEEDY ITALIAN

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



SPEEDY ITALIAN

Cajun Chicken Sizzler Pizza
 Beef Bolognaise
 Margherita Pizza ✓



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