

WEEKLY MENU - WEEK 2

ACT 1
ACT 2
ACT 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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Choose 1 Main + 2 Sides + 1 Sauce or Dip

	CHICKEN	ITALIAN	ORIGINALS	CHICKEN	ORIGINALS
MAINS Choose 1	Southern baked chicken burger, bun & salad	Traditional lasagne with freshly made parsley & garlic bread	Roast pork bap	BBQ chicken	Freshly battered hoki OR Oven baked battercrisp cod fillet Fish fingers
or 1 Veggie	Spicy bean burger, bun & salad	Courgette spaghetti, tomato & butterbeans	Vegetarian lentil sausage roll	BBQ pulled quorn & red cabbage coleslaw bun	Deep pan margherita
SIDES Choose 2	Baked half jacket potato	Mixed salad	Roast potatoes & dipping gravy	Oven baked sweet potato wedges	Oven baked chips
	BBQ baked beans	Tomato & onion salad	Savoy cabbage	Roasted spicy half corn on the cob	Garden peas & carrots
	Coleslaw	Coleslaw	Mixed salad	Coleslaw	Mixed salad
SAUCES & DIPS Choose 1	Light mayonnaise and salad dressing (available for all mains)				
	Light mayonnaise	Light mayonnaise	Gravy	Light mayonnaise	Tomato ketchup
	BBQ dipping sauce	Salad dressing	Apple sauce	BBQ dipping sauce	Tartare sauce

	CARIBBEAN	MEXICAN	INDIAN	ASIAN	ORIGINALS
MAINS Choose 1	Caribbean sausage & pepper pot	Chicken fajita burrito cone	Chicken jalfrezi	Sweet & sour chicken	Freshly battered hoki OR Oven baked battercrisp cod fillet Fish fingers
or 1 Veggie	Reggae reggae three bean chilli	Vegetable chilli burrito cone	Quorn jalfrezi	Chinese stir fried quorn & vegetables	Deep pan margherita
SIDES Choose 2	Traditional jamaican rice & peas	Spicy roasted sweetcorn	Braised turmeric rice	Wholegrain braised rice	Oven baked chips
	Spicy roasted sweetcorn	Mixed salad	Oven baked naan bread	Stir fried chinese leaf & bok choy	Garden peas & carrots
	Reggae-reggae coleslaw	Coleslaw	Mixed salad	Sweetcorn	Mixed salad
SAUCES & DIPS Choose 1	Light mayonnaise and salad dressing (available for all mains)				
	Reggae-reggae mayonnaise	Guacamole	Mango chutney	Sweet chilli dipping sauce	Tomato ketchup
	BBQ dipping sauce	Sour cream	Cucumber raita	Dark soy sauce	Tartare sauce

Salad Pick 'n' Mix
Choose a range of mains, toppings, sauces, dressings and bread

SALAD MAIN	House salad	Mixed salad	House salad	Green salad	House salad
	Red cabbage coleslaw salad	Coleslaw	Tomato, red onion & carrot salad	Tomato, onion & basil salad	Coleslaw
	Simple sweetcorn salad	Simple sweetcorn salad	Red cabbage coleslaw salad	Korean green bean salad	Simple grated carrot salad
	Mixed bean salad	Roasted sweet pepper & pasta salad	Lightly spiced rice & pepper salad	Asian coleslaw salad	New potato salad
TOPPING	Oven baked croutons, oven baked baguette croutons, baked tortilla croutons				
SAUCE	Light mayonnaise, lemon mayonnaise, garlic & herb mayonnaise				
DRESSING	Salad dressing, honey, mustard & lemon dressing, sesame soy dressing, sweet chilli dipping sauce				
BREAD	A selection of freshly baked bread available daily				

Why not add a dessert to your meal?

DESSERT	Choice of fresh red and green apples, oranges and bananas Seasonal fruit salad pot, black & green grape pot, mixed melon pot
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All our food is freshly prepared onsite, we use: **MSC assured Fish; Leaf produce and Red Tractor Meat.**
For information on allergens please speak to staff who will be happy to assist.

