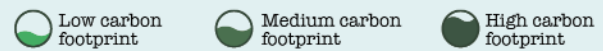


# WEEKLY MENU

## WEEK ONE

Look out for our carbon footprint logos on our counters to see the impact of your meal choices on the planet



ACT 1		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		ORIGINALS	ORIGINALS	ORIGINALS	ORIGINALS	ORIGINALS
<b>MAINS</b> Choose from:		Vegetable Lasagne or Classic Beef Lasagne	Sweet & Sour Chicken or Korean Style Noodles	Quorn Roast or Classic Roast of the Day	Sweet Potato & Chickpea Slice or No Chicken Tikka Wrap	Oven Baked Battered Pollock or Oven Baked Fish Fingers
<b>SIDES</b>	<b>Carb</b>	Freshly Made Garlic Bread	Rice	Roasted Potatoes	New Potatoes	Chips
	<b>Veg</b>	Mixed & Beetroot Salad	Asian Coleslaw	Carrots & Cabbage	Green Beans	Peas & Carrots
<b>DIPS</b>		Mayo / Dressing	Sweet Chilli / Mayo	Gravy	Gravy / Ketchup	Tartare/Ketchup

ACT 2		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		GLOBAL	GLOBAL	GLOBAL	GLOBAL	GLOBAL
<b>MAINS</b> Choose from:		Chipotle Veg & Bean Rice Bowl or Chipotle Chicken, Corn Salsa	Beef Bolognese or Broccoli & Cauli Crunchy Bake	Dirty Butternut Mac n Cheese or Kansas BBQ Chicken	Cheesy Corn Flatbread or Squash and Chickpea Tagine	Korean Crispy Wrap
<b>REAL FOOD FAST</b>		Spiced Fajita Tostados	Loaded Dog Meatball Sub	Bountiful Bowl - Cheeseburger Salad	Stretch Loaded Pizza	
<b>SIDES</b>	<b>Carb</b>	Rice	Focaccia Bread	Beetroot Salad	Cous Cous	Chips
	<b>Veg</b>	Broccoli	Mixed Salad	Roasted Sweetcorn	Mixed Salads	Mushy Peas
<b>DIPS</b>		Mayo/Dressing	Pesto / Dressing	BBQ / Mayo	Lemon Yoghurt	Tartare/Ketchup

### Add a dessert to your meal

<b>DESSERT</b>	Choice of Fresh Red and Green Apples  , Oranges  and Bananas
	Seasonal Fruit Salad Pot  , Black & Green Grape Pot  , Mixed Melon Pot  and Yoghurts

**(Plant+)**  
Represents plant-rich dishes that are better for your health & the environment. Contains one or more of the top 50 most sustainable foods in the world!

**(v)** Vegetarian

**(Ve)** Vegan

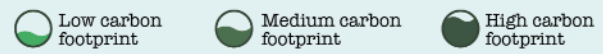
For allergen content please speak to a member of staff who will be happy to assist

**AVAILABLE DAILY:**  
Jacket potatoes baked onsite with a daily choice of two toppings  
Mixed salad bar | Selection of seasonings  
Deli grab & go range

# WEEKLY MENU

## WEEK TWO

Look out for our carbon footprint logos on our counters to see the impact of your meal choices on the planet



ACT 1		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		ORIGINALS	ORIGINALS	ORIGINALS	ORIGINALS	ORIGINALS
SIDES	<b>MAINS</b> Choose from:	Chicken or Pork Sausage or Quorn Sausage	Roasted Veg  Pasta Bake or Tasty Chickpea Burger	Classic Roast of the Day or Quorn Roast	Spring Veg Filo Pie  or Buffalo Chicken Filo Slice	Oven Baked Battered Pollock or Oven Baked Fish Fingers
	<b>Carb</b>	Creamy Mashed Potatoes	Sweet Potato Wedges	Roasted Potatoes	New Potatoes	Chips
	<b>Veg</b>	Kale and Red Onion	Mixed Salad	Broccoli & Parsnips	Roasted Beets	Peas / Carrots
	<b>DIPS</b>	Gravy	Relish / Ketchup	Gravy	Gravy	Tartare/Ketchup

ACT 2		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		GLOBAL	GLOBAL	GLOBAL	GLOBAL	GLOBAL
SIDES	<b>MAINS</b> Choose from:	Crispy Chicken Tacos  or Carnitos Rancheros	Sweet Potato & Cauli Jalfrezi or Chickpea & Coconut Dahl	Thai Green Chicken Rice Bowl or Korean Chicken Rice Bowl	Sweet Potato Jambalaya  or Southern Baked Chicken	Korean Battered Sausage Dog
	<b>REAL FOOD FAST</b>	No Chicken  PittaPocket	Red Pepper & Bean Biryani	Roast Chicken Baguette	Chipotle Quorn & Corn Fajita Wrap	
	<b>Carb</b>	Warm New Potato Salad	Rice & Bombay Potatoes		Rice	Chips
	<b>Veg</b>	House Salad	Sag Aloo	Slaw	Roasted Sweetcorn	Baked Beans
	<b>DIPS</b>	Salsa/Mayo	Chutney / Raita	Sweet Chilli / Mayo	BBQ Mayo	Tartare/Ketchup

### 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  and Yoghurts

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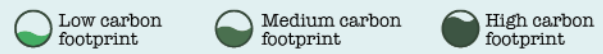
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**AVAILABLE DAILY:**  
Jacket potatoes baked onsite with a daily choice of two toppings  
Mixed salad bar | Selection of seasonings  
Deli grab & go range

# WEEKLY MENU

## WEEK THREE

Look out for our carbon footprint logos on our counters to see the impact of your meal choices on the planet



ACT 1		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		ORIGINALS	ORIGINALS	ORIGINALS	ORIGINALS	ORIGINALS
SIDES	MAINS Choose from:	Hearty Sausage Roll <sup>+</sup> or Vegetable <sup>Ve</sup> Cottage Pie	Katsu Chicken or Chicken Tikka Masala	Classic Roast of the Day or Quorn Roast <sup>Ve</sup>	Penne, Spinach <sup>+</sup> & Pesto <sup>Ve</sup> or Pasta Primavera <sup>Ve</sup>	Oven Baked Battered Pollock or Fish Fingers
	Carb	Baby Parsley Potatoes <sup>Ve</sup>	Rice <sup>Ve</sup>	Roast Potatoes <sup>Ve</sup>	Garlic Bread <sup>Ve</sup>	Chips <sup>Ve</sup>
	Veg	Peas / Corn & Broccoli <sup>Ve</sup>	Kale / Salad <sup>Ve</sup>	Carrots & Red Cabbage <sup>Ve</sup>	Broccoli & Peas <sup>Ve</sup>	Garden Peas <sup>Ve</sup>
	DIPS	Gravy <sup>Ve</sup>	Mayo <sup>Ve</sup>	Gravy <sup>Ve</sup>	Balsamic Glaze <sup>Ve</sup>	Ketchup/Tartare <sup>Ve</sup>

ACT 2		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		GLOBAL	GLOBAL	GLOBAL	GLOBAL	GLOBAL
SIDES	MAINS Choose from:	Butterbean & Meatball Pasta <sup>+</sup> or Tuscan Style Chicken Pasta <sup>Ve</sup>	Veggie Schawarma <sup>+</sup> <sup>Ve</sup> or Chicken Schawarma	Teryaki Quorn Stir Fry <sup>Ve</sup> or Teryaki Chicken	Creamy Chickpea <sup>+</sup> & Spinach Curry <sup>Ve</sup> or Sweet Potato Chana Masala <sup>+</sup>	Southern Fried Slaw Bowl <sup>Ve</sup>
	REAL FOOD FAST	Carbonara Pizza	Halloumi Burger <sup>Ve</sup>	Roast Chicken Baguette	Sweet Potato & Chutney Vada Pav Roll <sup>+</sup> <sup>Ve</sup>	
	Carb	Salad Selection <sup>Ve</sup>	Sweet Potato Wedges <sup>Ve</sup>	Noodles <sup>Ve</sup>	Rice <sup>Ve</sup>	Chips <sup>Ve</sup>
	Veg	Mixed Bean Salads <sup>Ve</sup>	Salads <sup>Ve</sup>	Green Beans <sup>Ve</sup>	Indian Chopped Salad <sup>Ve</sup>	Baked Beans <sup>Ve</sup>
	DIPS	Mayo/Dressing <sup>Ve</sup>	Sweet Chilli / BBQ <sup>Ve</sup>	Sweet Chilli / Soy <sup>Ve</sup>	Chutney & Raita <sup>Ve</sup>	Tartare/Ketchup <sup>Ve</sup>

### Add a dessert to your meal

DESSERT
Choice of Fresh Red and Green Apples <sup>Ve</sup> , Oranges <sup>Ve</sup> and Bananas
Seasonal Fruit Salad Pot <sup>Ve</sup> , Black & Green Grape Pot <sup>Ve</sup> , Mixed Melon Pot <sup>Ve</sup> and Yoghurts <sup>Ve</sup>

**+** (Plant+)  
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**Ve** (v)  
Vegetarian

**Ve** (Ve)  
Vegan

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**AVAILABLE DAILY:**  
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