MENU WEEK 1

*Don't forget to look out for **special day** menus & limited edition recipes from our **Colourful** monthly ingredients.*

Wk Commencing 20th Feb, 13th March

	MON	TUE	WED	THU	FRI
£2.70 **MAINS** #FreshFlavours	Pasta Bolognaise with Green Beans, Cauliflower and Garlic Ciabatta **(G)**	Pork Sausages with Gravy Creamy Mash, Leeks and Peas **(G,Mk,Su)**	Roast Chicken with Gravy Diced Carrots Sweetcorn and Roast New Potatoes	Cottage Pie with Broccoli, Cabbage and Rosemary and Olive oil Bread **(Mk)**	Battered Fish **(G,F)** Gourmet Burger **(G,Su)** Fish Finger Bap (G,F) Served with Chips and peas
£2.70 **VEGGIE** #MeatFree	Pasta with a Tomato and Basil Sauce with Green Beans, Cauliflower **(G,Mk)**	Veggie Sausages with Gravy Creamy Mash, Leeks, and Peas **(G,Mk,So)**	Cheese, Potato and Onion Pasty Diced Carrots Sweetcorn and Roast New Potatoes **(G,E,Mk)**	Vegetarian Cottage Pie with Broccoli, Cabbage and Rosemary and Olive oil Bread **(G,Mk,So)**	Mixed Vegetable Empanada **(G,E,Mk)** Served with Chips and Peas
THE POD From £1.60 **SANDWICH / PANINI** #MetroStation	Tuna Melt Panini **(G,F,Mk)**	BBQ Chicken Ciabatta **(G)**	Pepperoni & Mozzarella Panini **(G,Mk)**	Paprika Chicken Ciabatta **(G,E)**	
From £2.30 **PIZZA** #HotHotHot	Char Grilled Chicken / Margarita **(G,Mk)**	Pepperoni / Margarita **(G,Mk)**	Pepperoni / Roast Pepper & Goats Cheese **(G,Mk)**	Pepperoni / Margarita **(G,Mk)**	Char Grilled Chicken Margarita **(G,Mk)**
£1.20 **JACKET** #FuelStation	Served Daily	Served Daily	Served Daily	Served Daily	Served Daily
£0.95 **PUDS** #SweetTreat	Chocolate Chip Cake with Custard **(G,E,Mk,So)**	Oaty Flapjack **(G,Mk)**	Raspberry Jam Sponge With Cream **(G,E,Mk)**	Jelly	Apple Crumble and Custard **(G,E,Mk,So)**

ALLERGENS

Ce = Celery	L = Lupin	P = Peanuts
Cr = Crustacean	Mk = Milk	Se = Sesame Seeds
E = Eggs	Mo = Molluses	So = Soya
F = Fish	Mu = Mustard	Su = Sulphur Dioxide
G = Cereals containing Gluten	N = Nuts	

MEAL DEAL

Main & Dessert
FOR ONLY **£3.20**

LOOK OUT

BALANCE

*Look out for our tasty new, planet friendly **'Balance'** recipes, packed with extra goodness and a reduced carbon footprint, making each bite great for you & the environment!*

MENU WEEK 2

*Don't forget to look out for **special day** menus & limited edition recipes from our **Colourful** monthly ingredients.*

Wk Commencing 27th Feb, 20th March

	MON	TUE	WED	THU	FRI
£2.70 MAINS #FreshFlavours	Chicken Madras with Roast Cauliflower Courgettes, Rice and Mango Chutney **(Mu)**	Mac N Cheese topped with Baked Gammon served with Green Beans & Carrots **(G,Mk)**	*- BALANCE -* Meat Feast Pizza (Char Grilled Chicken) (and Pepperoni) Coleslaw and Jacket Wedges **(G,E,MK)**	Beef Lasagne with Broccoli, Sweetcorn and Garlic & Rosemary Ciabatta **(G,Mk)**	Battered Fish **(G,F)** Jumbo Hot Dog **(G,Su)** Fish Dog **(G,F)** Served with chips and peas
£2.70 VEGGIE #MeatFree	Vegetable Curry with Roast Cauliflower Courgettes, Rice and Mango Chutney **(Mk,Mu)**	Mac N Cheese served with Green Beans & Carrots **(G,Mk)**	Margarita Pizza Coleslaw and Jacket Wedges **(G,E,MK)**	Mediterranean Vegetable Lasagne with Broccoli and Garlic & Rosemary Ciabatta **(G,Mk)**	Roast Peppers, Cheese & Tomato Turnover Served with chips and peas **(G,Mk)**
THE POD From £1.60 SANDWICH / PANINI #MetroStation	Ham, Cheese and Tomato Panini **(G,Mk)**	Paprika Chicken Ciabatta **(G,E)**	Tuna Melt Panini **(G,F,Mk)**	Bacon, Brie and Roquette Baguette **(G,Mk)**	
From £2.30 PIZZA #HotHotHot	Pepperoni / Margarita **(G,Mk)**	Pepperoni / Margarita **(G,Mk)**	Cheesy Meatball Ciabatta **(G,Mk)**	Char Grilled Chicken / Margarita **(G,Mk)**	Meat Feast/ Margarita **(G,Mk)**
£1.20 JACKET #FuelStation	Served Daily	Served Daily	Served Daily	Served Daily	Served Daily
£0.95 PUDS #SweetTreat	Lemony Sponge and custard **(G,E,Mk)**	Jelly	Hot Chocolate Sponge with Chocolate Sauce **(G,E,Mk,So)**	Apple & Berry Crumble With Custard **(G,E,Mk)**	Sticky Toffee Pudding with Hot Fudge **(G,E,Mk,Su)**

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MENU WEEK 3

*Don't forget to look out for **special day** menus & limited edition recipes from our **Colourful** monthly ingredients.*

Wk Commencing 6th March, 27th March

	MON	TUE	WED	THU	FRI
£2.70 MAINS #FreshFlavours	Mild Chilli Beef with Rice and Vegetables	Chicken and Sweetcorn Casserole with Broccoli and Pasta **(G)**	Baked Gammon with Carrots Courgettes, Roasties and Gravy	Beef Burger in a bun with Chef's Salad, Sweetcorn and Jacket Wedges **(G,Su)**	Battered Fish**(G,F)** Breaded Chicken Burger **(G,E,Mk)** Fish Finger Bap **(G,F)** All Served with Chips and Peas
£2.70 VEGGIE #MeatFree	Mild Vegetarian Chilli with Rice and Vegetables **(So,G,E)**	Quorn and Sweetcorn Casserole with Broccoli and Pasta **(G,E)**	Green Pea and Goats Cheese Risotto with Carrots and Courgettes (**Mk**)	Vegetarian Burger in a Bun with Chef's Salad Sweetcorn and Jacket Wedges **(G)**	Cheese & Vegetable Pinwheel Served with Chips and Peas **(G,Mk)**
THE POD From £1.60 SANDWICH / PANINI #MetroStation	Bacon, Brie and Roquette Baguette **(G,Mk)**	Sweet Chilli Chicken Ciabatta **(G)**	Tuna Melt Panini **(G,F,Mk)**	Pepperoni & Mozzarella Baguette **(G,Mk)**	
From £2.30 PIZZA #HotHotHot	Char Grilled Chicken / Margarita **(G,Mk)**	Pepperoni / Roast Pepper & Goats Cheese **(G,Mk)**	Pepperoni / Margarita **(G,Mk)**	Meat Feast/ Margarita **(G,Mk)**	Pepperoni / Margarita **(G,Mk)**
£1.20 JACKET #FuelStation	Served Daily	Served Daily	Served Daily	Served Daily	Served Daily
£0.95 PUDS #SweetTreat	Warm Chocolate Brownie **(G,E,Mk)**	Steamed Ginger Sponge with Custard **(G,E,Mk)**	Vegetarian Jelly	Chocolate Cheesecake **(G,Mk,So)**	Peach Sponge with Custard **(G,E,Mk)**

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