

# MENU WEEK 1



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



5th Sept, 25th Sept, 16th Oct  
13th Nov, 4th Dec

## MON TUE WED THU FRI

£2.70

### MAINS #FreshFlavours

Mac and Cheese with Gammon (G,Mk)	Minced Beef and Onion Pie with New Potatoes (G,Mu,Mk)	Butchers Pork Sausages served with Gravy (G,Su)	Chinese Chicken Curry with Peas (G,So)	Filet of Fish or Fish Finger Bap (G,F) Hot Dog / Burgers (G,Su)
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£2.70

### VEGGIE #MeatFree

Mac and Cheese (G,Mk)	Mozzarella and Tomato Quesadilla, Spicy Tomato Rice (G,Mk,Ce)	Veggie Sausages served with Gravy (G,Ce)	Chinese crunchy Vegetable Curry (G,So)	Carrot, Courgette and Corn Fritter (G,Mk,E)
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### VEG #ExtraGood

Steamed Broccoli	Sweetcorn	Green Beans	Courgettes	Peas
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### CARBS #ExtraEnergy

Garlic Bread (G,So,Mk)	New Potatoes	Creamy Mashed Potato (Mk)	Egg Fried Rice (E)	Chips
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From £1.20

### JACKET / PASTA #FuelStation

Jacket Potatoes Served Daily	Jacket Potatoes Served Daily	Jacket Potatoes Served Daily	Jacket Potatoes Served Daily	Jacket Potatoes Served Daily
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From £1.75

### SNACK #SuperTasty

Metro Sandwich and Pizzas Served Daily	Metro Sandwich and Pizzas Served Daily	Metro Sandwich and Pizzas Served Daily	Metro Sandwich and Pizzas Served Daily	Metro Sandwich and Pizzas Served Daily
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£0.95

### PUDS #SweetTreat

Baked Citrus Pudding with Custard (G,Mk,E)	Chocolate Sponge Cake (G,Mk,E)	Rice Pudding (Mk)	Banoffee Pie (G,Mk,So)	Jam Tart (G,Mk,E)
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### ALLERGENS

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



### MEAL DEAL

Main Meal and Pudding FOR ONLY  
**£3.60**

# MENU WEEK 2



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



11th Sept, 2<sup>nd</sup> Oct, 30<sup>th</sup> Oct  
20th Nov, 11<sup>th</sup> Dec

**MON**

**TUE**

**WED**

**THU**

**FRI**

**MAINS**  
#FreshFlavours

Beef Burger in a Burger Bun  
(G,Su)

BBQ Sticky Chicken  
(G,Su,So,Ce)

Sausagemeat Wellington  
with Gravy  
(G,Su,Mk,E)

Oven Baked Lasagne topped  
with Mozzarella Cheese  
(G,Mk,E)

Battered Pollock / Fish Dog  
(G,Su,F,E)  
Burgers / Hot Dogs (G,Su)

**VEGGIE**  
#MeatFree

Veggie Burger with Salad  
and Ketchup in a Bun  
(G)

Veggie Hot Dog Roll  
(G,Su,So,)

Potato and Vegetable  
Wellington  
with Gravy  
(G,Mk,E)

Roasted Veggie Lasagne  
with Mozzarella Cheese  
(G,Mk,E)

Spring Onion, Cheese and  
Tomato Quiche  
(G,Mk,E)

**VEG**  
#ExtraGood

Sweetcorn

Green beans

Carrots

Chef's Salad

Peas

**CARBS**  
#ExtraEnergy

Baked  
Jacket Wedges

Steamed Rice  
Sauté Potatoes

Roast New Potatoes

Garlic and Rosemary Bread  
(G,Mk)

Chips

**JACKET  
/ PASTA**  
#FuelStation

Jacket Potatoes  
Served Daily

Jacket Potatoes  
Served Daily

Jacket Potatoes  
Served Daily

Jacket Potatoes  
Served Daily

Jacket Potatoes  
Served Daily

**SNACK**  
#SuperTasty

Metro Sandwich and Pizzas  
Served Daily

Metro Sandwich and Pizzas  
Served Daily

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Served Daily

Metro Sandwich and Pizzas  
Served Daily

Metro Sandwich and Pizzas  
Served Daily

**PUDS**  
#SweetTreat

Lemon Meringue Pie  
(G,Mk,E)

Jamaican  
Ginger Cake  
(G,Mk,E)

Steamed Jam Sponge with  
Custard  
(G,Mk)

Apple Crumble  
and Custard  
(G)

Sticky  
Toffee Pudding  
(G,Su,Mk,E)

£2.70

£2.70

From  
£1.20

From  
£1.75

£0.95

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E = Eggs      L = Lupin      N = Nuts      Su = Sulphur Dioxide  
F = Fish      Mk = Milk      P = Peanuts

**MEAL DEAL**

Main Meal and Pudding FOR ONLY  
**£3.60**

# MENU WEEK 3



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



18th Sept, 9th Oct, 6th Nov  
27th Nov, 18th Dec

**MON**

**TUE**

**WED**

**THU**

**FRI**

£2.70

**MAINS**  
#FreshFlavours

Spaghetti Bolognese (G)

Margherita Pizza (G,Mk)

Baked Gammon with Gravy (none)

Chicken Stir Fry with Peppers (G,So,Mu,Ce)

Baked Fish Filet / Fish Dog (G,F)  
Hot Dog / Burgers (G,Su)

£2.70

**VEGGIE**  
#MeatFree

Spaghetti in a Tomato and Basil Sauce (G)

Margherita Pizza (G,Mk)

Cheese, Leek and Butternut Squash Pie (G,Mk)

Quorn Stir Fry with Peppers (G,So,E)

Cheese and Onion Omelette (Mk,E)

**VEG**  
#ExtraGood

Chef's Salad

Cauliflower

Cabbage and Carrots

Green Beans

Peas

**CARBS**  
#ExtraEnergy

Garlic Bread (G)

Jacket Wedges

Roast Potatoes

Steamed Rice

Chips

from £1.20

**JACKET / PASTA**  
#FuelStation

Jacket Potatoes Served Daily

Jacket Potatoes Served Daily

Jacket Potatoes Served Daily

Jacket Potatoes Served Daily

Jacket Potatoes Served Daily

From £1.75

**SNACK**  
#SuperTasty

Metro Sandwich and Pizzas Served Daily

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Metro Sandwich and Pizzas Served Daily

Metro Sandwich and Pizzas Served Daily

£0.95

**PUDS**  
#SweetTreat

Eves Pudding (G,Mk,E)

Lemon Blondie (G,E)

Sultana and Cranberry Flapjack (G)

Vegetarian Jelly

Chocolate Brownie (G,Mk,E)

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