

MENU WEEK 1



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



Wk Commencing 5th Sep, 26th Sep, 17th Oct, 14th Nov, 5th Dec

MON TUE WED THU FRI

£2.70
£2.70
From £2.20
£1.60
From £2.30
£1.20
£0.95

THE POD

MAINS #FreshFlavours

- **BALANCE** -
Tomato and Basil Spaghetti, topped with Beef Meatballs served with Chef's salad and Garlic Ciabatta Bread (G)

Sancho Polo Chicken with Carrots and Peas and Rice

- **BALANCE** -
Meat Feast Pizza (Char Grilled Chicken) (and Pepperoni) Coleslaw, Corn Jacket Wedges (G,E,MK)

Minced Beef and Onion Pie Green Beans ,Cabbage and New Potatoes (G,E)

Battered Fish (G,F)
4oz Burger in a Bun with Lettuce, Tomato and Ketchup (G,SU)
Fish Dog (G,F)
All Served with Chips & Peas

VEGGIE #MeatFree

Tomato and basil spaghetti topped with vegetarian meatballs served with chef's salad and garlic ciabatta bread (G)

Gnocchi in a Ratatouille Sauce

Margarita Pizza Coleslaw, Corn Jacket Wedges (G,E,MK)

Vegetarian Mince Pie Green Beans ,Cabbage and New Potatoes (G,E,So)

Cheese and Tomato Quiche (G,MK,E)
Potato, Carrot and Pea Frittata (E)

METRO #FreshSandwiches

Roast Beef and Stilton (G,Mk)

Paprika Chicken (G,E)

Cheese, Tomato and Meatballs (G,Mk)

Vietnamese Turkey Banh Mi Baguette (G,So,E)

Chicken Katsu Sando (G,Su,So,Mu,E,Ce)

PANINI #Fresh&Delicious

Tuna Melt (G,F,Mk)

Ham and Cheese (G,Mk)

Bacon, Brie and Rocket (G,Mk)

Tomato and Mozzarella (G,Mk)

Tuna Melt (G,Mk,F)

PIZZA #HotHotHot

Margarita / pepperoni (G,Mk)

Margarita / Chargrilled chicken (G,Mk)

Margarita / Chargrilled chicken (G,Mk)

Margarita / Pepperoni (G,Mk)

JACKET #FuelStation

Served Daily

Served Daily

Served Daily

Served Daily

Served Daily

PUDS #SweetTreat

Chocolate brownie and cream (G,MK,E)

Vegetarian jelly pot

Jam sponge with custard (G,MK,E)

Flapjack (G,Mk)

Sticky Toffee Pudding with Hot Fudge Sauce (G,E,Mk.Su)

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

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 *Colourfuel* monthly ingredients.



Wk Commencing: 12th Sept,
3rd Oct, 31st Oct, 21st Nov, 12th

MON

TUE

WED

THU

FRI

£2.70

MAINS #FreshFlavours

- **BALANCE** -

Mild Chilli Beef with Rice and Vegetables

Gammon Mac N Cheese with Salad and Olive Oil Ciabatta (G,Mk)

Oven Baked Sausages with Carrots, Green Beans and Gravy (G,Su)

Pasta Bolognese Served with chef's salad and Garlic and Rosemary Ciabatta (G)

Battered Fish (G,F)
Hot Dog (G)
Fish Dog (G,F)
All served with Chips and Peas

£2.70

VEGGIE #MeatFree

Mild Vegetarian Chilli With Rice and Vegetables (So,G,E)

Gammon Mac N Cheese with Salad and Olive Oil Ciabatta (G,Mk)

Veggie Quorn Sausages with Carrots, Green Beans with Gravy (G,Mk,E)

Vegetable Quesadilla with Potato Wedges and Chef's Salad (G,Mk)

Corn, Carrot and Courgette Fritter (G,E,Mk)

From £2.20

THE POD

METRO #FreshSandwiches

Roast Beef and Stilton (G,Mk)

Paprika Chicken (G,E)

Cheese, Tomato and Meatballs (G,Mk)

Vietnamese Turkey Banh Mi Baguette (G,So,E)

Chicken Katsu Sando (G,Su,So,Mu,E,Ce)

£1.60

PANINI #Fresh&Delicious

Tuna Melt (G,F,Mk)

Ham and Cheese (G,Mk)

Bacon, Brie and Rocket (G,Mk)

Tomato and Mozzarella (G,Mk)

Tuna Melt (G,Mk,F)

From £2.30

PIZZA #HotHotHot

Margarita / Pepperoni (G,Mk)

Margarita / Chargrilled chicken (G,Mk)

Margarita / Chargrilled chicken (G,Mk)

Margarita / Pepperoni (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,Mk,E)

Apricot and Pear Crumble with Cream (G,Mk)

Vegetarian Jelly Pot

Hot Chocolate Sponge with Chocolate Custard (G,E,Mk)

Banoffee Pie (G,Mk,So)



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Mu = Mustard
N = Nuts

P = Peanuts
Se = Sesame Seeds
So = Soya
Su = Sulphur Dioxide



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MENU WEEK 3



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



Wk Commencing 19th Sep, 10th Oct,
7th Nov, 28th Nov, 19th Dec

MON

TUE

WED

THU

FRI

MAINS #FreshFlavours

Mild Chicken Curry with
Rice, Cauliflower and mango
Chutney
(Su)

Roast Chicken with Gravy
Carrots, Green Beans and
Roast New Potatoes

- **BALANCE** -
Quarter Pound Burger in a
Bun with Chips and Salad
(G)

Beef Lasagne
with Broccoli
and Garlic Ciabatta
(G,Mk)

Battered Fish (G,F)
Panko Breaded Chicken
Burger (G,E,Mk)
Fish Dog (G,So,Mk,F)
All served with Chips and
Peas

VEGGIE #MeatFree

Mixed Vegetable Curry with
Rice, Cauliflower and Mango
Chutney
(G,E,So,Su)

Barley, Butternut Squash
and Sage Risotto
(G,Mk)

Vegetable Burger in a Bun
with Chips and Salad
(G)

Mediterranean Vegetable
Lasagne with Broccoli
and Garlic Ciabatta
(G,Mk)

Cheddar Cheese, Leek
and Potato Filo Pie
(G,Mk,E)

METRO #FreshSandwiches

Roast Beef and Stilton
(G,Mk)

Paprika Chicken
(G,E)

Cheese, Tomato
and Meatballs
(G,Mk)

Vietnamese Turkey
Banh Mi Baguette
(G,So,E)

Chicken Katsu Sando
(G,Su,So,Mu,E,Ce)

PANINI #Fresh&Delicious

Tuna Melt
(G,F,Mk)

Ham and Cheese
(G,Mk)

Bacon, Brie and Rocket
(G,Mk)

Tomato and Mozzarella
(G,Mk)

Tuna Melt
(G,Mk,F)

PIZZA #HotHotHot

Margarita / pepperoni
(G,Mk)

Margarita /
chargrilled chicken
(G,Mk)

Margarita /
chargrilled chicken
(G,Mk)

Margarita / pepperoni
(G,Mk)

JACKET #FuelStation

Served Daily

Served Daily

Served Daily

Served Daily

Served Daily

PUDS #SweetTreat

Steamed syrup
sponge with custard
(G,Mk,E)

Ice cream
(Mk)

Jamaican ginger
cake and custard
(G,E,Mk)

Vegetarian jelly pot

Chocolate chip cookie
(G,MK,E,So)



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