

MAIN MEALS

M/C = May Contain

13th Oct, 10th Nov,
1st Dec

From £3.05

**AUTUMN MENU
WEEK ONE**



MON

TUE

WED

THU

FRI

★ ★
Tex Mex Chilli Beef
M/C (G)
Roast Courgettes,
Cauliflower
and
Brown Rice
Mild Vegan Chilli (So)
M/C (G)
Roast Courgettes,
Cauliflower
and Brown Rice

★ ★
Roast Pork Sausages with
Yorkshire Pudding
Steamed Carrots, Peas and
Creamy Mashed Potatoes
and Gravy
(G,E,Mk,Su)
Roast Veggie Sausages with
Yorkshire Pudding
Steamed Carrots, Peas and
Creamy Mashed Potatoes
and Gravy
(G,Ce,E,Mk)

★ ★
Chicken and Sweetcorn with
Penne Pasta
Served with
Broccoli & Green Beans
& Garlic Bread
(G,Mk)
Mediterranean Vegetable,
Tomato and Sweetcorn
with Penne Pasta
Served with
Broccoli & Green Beans
& Garlic Bread
(G,Mk)

★ ★
Meat Feast Pizza
(G,Mk,So)
Garden Salad
Jacket Wedges
Margherita Pizza
(G,Mk,So)
Garden Salad
Jacket Wedges

★ ★
Battered Fish Fillet
(G,F)
Fish Finger Dog
(G,F) M/C (Se)
Veg Fingers
(G)
Sausage Dog with Mustard
(G,Mu,Su,) M/C (Se)
Tartar Sauce
(E)
Chips
Peas

Meal-Deal

From £3.50 Menus are subject to change due to
circumstances beyond our control.



GLOBAL EATS

From £2.60

MON

TUE

WED

THU

FRI

BBQ Chicken
Metro
Sandwich
(G,Mk)

Mexican Chicken
Panini with
Tortilla Chips
(G,Mk)
M/C So

Texas Chilli Beef
Burrito with
Rice and Salsa
(G)

Lamb Kofta
Kebab, Tzatziki,
Crunchy Salad
and Wedges
(G,Mk,E)

¼ Pound
Beef Burger
Salad, Tomato,
Chips &
Ketchup
(G,So,Su)
M/C (Se)

DESSERTS

MONDAY
Chocolate Brownie **(G,E)**

TUESDAY
Fruit Jelly

WEDNESDAY
Fresh Fruit

THURSDAY
Flapjack **(G)**

FRIDAY
Steamed Treacle Sponge with Custard
(G,E,Mk)

From £1.15

PASTA STATION



**FRESH
PIZZA
AND
PASTA
MADE
DAILY**

From £2.60

ALLERGENS

we're allergy gurus!

*Speak to one
of our chefs if
you have any
allergies.*

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

MAIN MEALS

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From £3.05

20th Oct, 17th Nov,
8th Dec

**AUTUMN MENU
WEEK TWO**



MON

TUE

WED

THU

FRI

Chicken Mac N Cheese
Broccoli, Baby Carrots
and Garlic Bread
(G,Mk)

Classic Mac N Cheese
Broccoli, Baby Carrots
and Garlic Bread
(G,Mk)

Beef Quarter Pounder
in a Bun
Chef's Salad and Wedges
**(G,So,Su)
M/C (Se)**

Vegetable Enchilada
With a Tomato Sauce
and Cheese
Chef's Salad and Wedges
(G,Mk)

Baked Gammon
With Roast Potatoes
Brussel Sprouts, Carrots
and Gravy
(None)

Roast Vegetable
and Bean Crumble
With Roast Potatoes
Brussel Sprouts, Carrots
(G,Mk)

Mediterranean Chicken
with Steamed Rice
Green Beans and
Cauliflower
(None)

Vegetable Lasagne with
Green Beans and
Cauliflower
(G,Mk)

Battered Fish Fillet **(G,F)**
Fish Finger Wrap with
Tartare Sauce **(G,E,F)**
¼ Pound Burger with
Salad and Tomato
**(G,So,Su)
M/C (Se)**

Veggie Fritter **(E,Mk)**
All served with
Peas , Chips and Ketchup

Meal-Deal
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GLOBAL EATS

From £2.60

MON

TUE

WED

THU

FRI

Beef Chilli
Loaded
Waffle Fries
(Mk)

Chicken Gyros
With Chips
and
Tsatziki
(G,Mk)

Fiery Chicken
Wings
With
Dirty Rice
M/C **(G)**

Cheesy
Pepperoni
Tater Tots
(G,Mk)

Sausage Dog
with Chips
& Mustard
**(G,Su,Mu)
M/C (Se)**

DESSERTS

MONDAY

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

TUESDAY

Fresh Fuit

WEDNESDAY

Fruit Jelly)

THURSDAY

Sticky Ginger Cake **(G,E,Mk)**

FRIDAY

Steamed Jam Sponge with Custard
(G,Mk,E) M/C (So)

From £1.15

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MAIN MEALS

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15th Dec
From £3.05

**AUTUMN MENU
WEEK THREE**



MON	TUE	WED	THU	FRI
★ ★ Spaghetti Bolognese With Courgettes, Green Beans and Garlic Bread (G) Penne Pasta in a Tomato and Basil Sauce With Courgettes, Green Beans and Garlic Bread (G)	★ ★ Sausage Dog Served with Mixed Tossed Salad with Sweetcorn and Jacket Wedges (G,SU) M/C (Se) Veggie Quesadilla With Mixed Salad and Jacket Wedges (G,E,Mk)	★ ★ Shepherds Pie Topped with Creamy Mash With Broccoli and Carrots (Mk,Ce) Vegan Cottage Pie Topped with Creamy Mash With Broccoli and Carrots (So,Ce,Mk)	★ ★ Chicken and Vegetable Hot Pot with Steamed Rice and a medley of Vegetables (None) Seasonal Vegetable and Butternut Squash Hot Pot with Steamed Rice and a medley of Vegetables (None)	★ ★ Battered Fish Fillet (G,F) Fish Finger Dog (G,F) M/C (Se) Potato, Cheese and Onion Pasty (G,E,Mk) Sausage Dog with Mustard (G,Mu,Su) M/C (Se) ¼ Pound Burger with Salad & Tomato (G,So,Su) M/C (Se) Tartar Sauce (E) All served with Chips, Peas and Ketchup

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GLOBAL EATS

From £2.60

MON	TUE	WED	THU	FRI
Pepperoni Marinara Panini with Nachos (G,Mk) M/C (So)	Stir Fry Noodles with Teriyaki Chicken (G,E,So) M/C (P,N)	Chicken and Chorizo Paella (None)	BBQ Chicken Metro Sandwich (G)	Katsu Chicken Sandwich with Curry Sauce and Chips (G,E,Mk) M/C (Se)

DESSERTS

MONDAY Fruit Jelly
TUESDAY Pear Sponge Pudding with Custard (G,E,Mk)
WEDNESDAY Fresh Fruit
THURSDAY Sticky Toffee Pudding (G,E,Mk,Su)
FRIDAY Chocolate Marble Cake (G,E,Mk)

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