

## WEEK ONE MENU

WEEK COMMENCING: 8<sup>th</sup> Jan; 29<sup>th</sup> Jan; 26<sup>th</sup> Feb; 18<sup>th</sup> March;



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN  
STATION

**MAIN**  
Rich beef chilli con  
carne, crushed  
nachos

**VEGETARIAN**  
Mac 'n Cheese

**MAIN**  
Doner & Salad  
Khobez Flatbread

**VEGETARIAN**  
Cheese, sweet  
potato, coriander  
and onion Quesadilla

**MAIN**  
Chicken & Vegetable  
Puff Pastry Pie

**VEGETARIAN**  
Vegetable Korma  
with Rice

**MAIN**  
Katsu chicken and  
vegetable stir fry

**VEGETARIAN**  
Red lentil coconut  
masala dal

**MAIN**  
Crispy battered fish  
with homemade  
tartare sauce

**VEGETARIAN**  
Vegetarian Sloppy Joe  
Hotdog

PASTA BAR  
&  
PIZZA BAR

Freshly cooked Pasta & Toppings  
&  
With a tasty selection of Pizza & Toppings

JACKET  
POTATO  
BAR

Fresh Baked Jacket Potatoes with a selection of toppings

GREENS  
AND  
GRAINS

**STARCH & VEG**

Rice or Pasta  
Broccoli

**STARCH & VEG**

Potato Wedges  
Winter Slaw

**STARCH & VEG**

Roast Potatoes,  
Sweetcorn & Carrots

**STARCH & VEG**

Vegetable Rice  
Green Beans

**STARCH & VEG**

Chips, peas, baked  
beans

THEME DAY



**Burmese Fried  
Chicken Wrap**  
Red cabbage salad,  
chilli & tamarind  
mayo



**The Ed Sheeran  
Burger**  
**Beef Burger with  
mac 'n' cheese,  
chipotle mayo &  
lettuce**



**Megabite**  
Panko Chicken  
Strips, Sweet potato  
wedges, House Slaw



**West China broccoli,  
sweetcorn & noodles**



**Chickpea & Lentil  
Dahl with Himalayan  
Rice**

COLD DELI

Selection of Grab & Go Snacks  
& pre made Sandwiches

*Also Available Daily:*

Freshly made Cakes, Bakes, Fresh Fruit & a delicious selection of Sweet Desserts & Yoghurt

### Food Allergies & Intolerance

If you require information on allergens or suffer from a food intolerance  
please speak to a team member before you order your food or drinks.



## WEEK TWO MENU

WEEK COMMENCING: 15<sup>th</sup> Jan; 5<sup>th</sup> Feb; 4<sup>th</sup> Mar



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

### MAIN

Minced beef cottage pie with a cheesy potato topping

### MAIN

Chicken, fresh basil & tomato pasta

### MAIN

Halal roast chicken with sage & onion stuffing

### MAIN

Chicken tikka masala

### MAIN

Fishcakes with lemon mayo

### VEGETARIAN

Tandoori Sweet Pepper and Paneer Khobez Flat Bread

### VEGETARIAN

Vegetable Bean Frittata

### VEGETARIAN

Root Vegetable & Lentil Cottage Pie, Gravy

### VEGETARIAN

Cheese & Mushroom pasta carbonara

### VEGETARIAN

Roasted Spiced Butternut, Cheese & Tomato Stromboli

MAIN STATION

PASTA BAR & PIZZA BAR

Freshly cooked Pasta & Toppings  
&  
With a tasty selection of Pizza & Toppings

JACKET POTATO BAR

Fresh Baked Jacket Potatoes with a selection of toppings

GREENS AND GRAINS

### STARCH & VEG

New potatoes, carrots, Fruity Slaw

### STARCH & VEG

Garlic Bread Sweetcorn

### STARCH & VEG

Roast potatoes, braised red cabbage & green beans

### STARCH & VEG

Pilau Rice broccoli

### STARCH & VEG

Chips, peas, baked beans, or rainbow slaw

THEME DAY



### The Taylor Swift Burger

Southern Fried Chicken Burger, Cheese & Salad



### Keralan Chickpea & Red Pepper Curry Flatbread

Crispy cauliflower, Bombay potatoes, Masala yogurt



Vietnamese Lemongrass Chicken, Noodles, Chilli jam



Sweet & sour pork & tamarind tiger wedges



Kashmiri beef Keema Kati roll with pink pickled onions & masala fries

COLD DELI

Selection of Grab & Go Snacks  
& pre made Sandwiches

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## WEEK THREE MENU

WEEK COMMENCING: 22<sup>nd</sup> Jan; 19<sup>th</sup> Feb; 11<sup>th</sup> Mar



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN  
STATION

**MAIN**  
Chicken & Sweetcorn  
lasagne

**VEGETARIAN**  
Roasted Pepper &  
Mixed Bean  
Enchilada

**MAIN**  
Chicken sausage &  
Roasted red onion  
gravy

**VEGETARIAN**  
Quorn sausages &  
onion gravy

**MAIN**  
Halal roast chicken &  
stuffing, Gravy

**VEGETARIAN**  
Cauliflower Cheese  
Toad in the Hole

**MAIN**  
Panko chicken wrap,  
salad, choice of  
sauces

**VEGETARIAN**  
Roasted vegetable &  
tomato puff pastry  
slice

**MAIN**  
Crispy battered fish  
with lemon mayo

**VEGETARIAN**  
Homemade  
Vegetable  
Beanburger with  
Siracha Mayo

PASTA BAR  
&  
PIZZA BAR

Freshly cooked Pasta & Toppings  
&  
With a tasty selection of Pizza & Toppings

JACKET  
POTATO  
BAR

Fresh Baked Jacket Potatoes with a selection of toppings

GREENS  
AND  
GRAINS

**STARCH & VEG**  
New potatoes  
Spring greens

**STARCH & VEG**  
Mashed potatoes  
Green beans

**STARCH & VEG**  
Thyme roast  
potatoes, carrots,  
peas

**STARCH & VEG**  
Potato Wedges  
Chipotle Coleslaw

**STARCH & VEG**  
Chips, peas or baked  
beans



**THE KSI BURGER**  
Beef burger with  
cheese, salad, red  
onion, mayo



**Teriyaki Chicken  
Flatbread**  
Chilli & spring onion  
fried rice, crispy  
onions, pickled  
cucumber



Angel Wings  
Jerk chicken wings,  
Jamaican rice 'n'  
peas, tomato, mint  
& mango salsa



Yokahama Chilli  
Chicken Ramen Pot



Bengal Five Spiced  
Sausage Roll,  
Darjeeling Tibetan  
Chilli Sauce,  
Kachumber Salad

THEME DAY

COLD DELI

Selection of Grab & Go Snacks  
& pre made Sandwiches

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