








LUNCH MENU WEEK ONE

WEEK COMMENCING: 8th April; 29th April; 20th May; 17th June; 8th July;

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN STATION	<p>MAIN Reduced carbon Ultimate beef & bean chilli with wedges</p> <p>VEGETARIAN Classic mac 'n' cheese</p>	<p>MAIN Lemon & herb chicken flatbread chopped salad, pink pickled onions, tzatziki</p> <p>VEGETARIAN Loaded nachos with cheese, spring onions, fresh coriander and sauces</p>	<p>MAIN Reduced carbon chicken & squash tikka masala</p> <p>VEGETARIAN Mushroom stroganoff</p>	<p>MAIN Creamy Cajun chicken pasta bake</p> <p>VEGETARIAN Cheese, tomato & fresh herb quiche</p>	<p>MAIN Crispy battered fish with homemade tartare sauce</p> <p>VEGETARIAN Mashed potato & bean puff pastry slice</p>
PASTA BAR & PIZZA BAR	<p>Freshly cooked Pasta & Toppings & With a tasty selection of Pizza & Toppings</p>				
JACKET POTATO BAR	<p>Fresh Baked Jacket Potatoes with a selection of toppings</p>				
GREENS & GRAINS	<p>STARCH & VEG Potato wedges House slaw</p>	<p>STARCH & VEG Chopped salad Coleslaw</p>	<p>STARCH & VEG Golden rice Sweetcorn & carrots</p>	<p>STARCH & VEG New potatoes Green Beans</p>	<p>STARCH & VEG Chips, peas, baked beans</p>
THEME DAY	 <p>Teriyaki Chicken Flatbread Chilli, spring onion fried rice, crispy onions</p>	 <p>The Raye Burger Southern style chicken fillet burger with lettuce, tomato & burger sauce</p>	 <p>Spicy Bird Portugese Piri Piri chicken & rainbow pepper rice stir fry</p>	 <p>Red lentil & coconut Bombay dhal with fragrant rice</p>	 <p>Station Masters Maharaja's Tikka beef & chickpea keema rice pot topped with pink pickled onions & minted yoghurt</p>
COLD DELI	<p>Selection of Grab & Go Snacks & pre made Sandwiches <i>Also Available Daily</i> Freshly made Cakes, Bakes, Fresh Fruit & a delicious selection of Sweet Desserts & Yoghurt</p>				






FOOD ALLERGIES & INTOLERANCES

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



LUNCH MENU WEEK TWO

WEEK COMMENCING: 15th April; 6th May; 3rd June; 24th June; 15th July

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN STATION	<p>MAIN Reduced carbon minced beef cottage pie with a root veg topping</p> <p>VEGETARIAN Smokey chipotle butternut, sweet pepper & Mexican rice burrito bowl</p>	<p>MAIN Chicken sausages & mash, red onion gravy</p> <p>VEGETARIAN Vegetarian Ratatouille Lasagne</p>	<p>MAIN Roast chicken with sage & onion stuffing & gravy</p> <p>VEGETARIAN Cheese & potato pie</p>	<p>MAIN Reduced carbon beef Bolognese & pasta</p> <p>VEGETARIAN Hand stretched roasted broccoli & pepper pizza</p>	<p>MAIN Crispy battered fish with lemon mayo</p> <p>VEGETARIAN Homemade vegetable & bean burger, salad & burger sauce</p>
PASTA BAR & PIZZA BAR	<p>Freshly cooked Pasta & Toppings & With a tasty selection of Pizza & Toppings</p>				
JACKET POTATO BAR	<p>Fresh Baked Jacket Potatoes with a selection of toppings</p>				
GREENS & GRAINS	<p>STARCH & VEG New potatoes, Carrots, Fruity slaw</p>	<p>STARCH & VEG Baked beans, peas</p>	<p>STARCH & VEG Roast potatoes, Spring greens, thyme roasted carrots</p>	<p>STARCH & VEG Garlic bread Mixed salad</p>	<p>STARCH & VEG Chips, peas, baked beans, or rainbow slaw</p>
THEME DAY	 <p>The Bey Burger Chicken burger, cheese, salad, chipotle mayo</p>	 <p>Shaved doner, pickled red cabbage & salad in a Khobez flatbread</p>	 <p>Goan Beef & Lentil Kofta With tomato, mango & pitta salad</p>	 <p>Megabite Shredded crispy coated chicken strips in a wrap, salad, house slaw & sauce</p>	 <p>"KFC" Keralan Fried Chicken With masala fries & Kerala spiced mayo</p>
COLD DELI	<p>Selection of Grab & Go Snacks & pre made Sandwiches <i>Also Available Daily</i> Freshly made Cakes, Bakes, Fresh Fruit & a delicious selection of Sweet Desserts & Yoghurt</p>				






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LUNCH MENU WEEK THREE

WEEK COMMENCING: 22nd April; 13th May; 10th June; 1st July; 22nd July

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN STATION	<p>MAIN Reduced carbon honey chipotle chicken taco bowl</p> <p>VEGETARIAN Vegetable & noodle chow mien</p>	<p>MAIN Reduced carbon beef lasagne</p> <p>VEGETARIAN Minted pea, broccoli & feta puff pastry tart</p>	<p>MAIN Roast chicken & stuffing, gravy</p> <p>VEGETARIAN Quorn sausages & gravy</p>	<p>MAIN Spiced keema beef & rice pot, mint yogurt sauce</p> <p>VEGETARIAN Pasta with roasted vegetable & tomato sauce</p>	<p>MAIN Crispy battered fish with homemade tartare sauce</p> <p>VEGETARIAN Loaded tiger wedges, with vegetable chilli, cheese & spicy mayo</p>
PASTA BAR & PIZZA BAR	<p>Freshly cooked Pasta & Toppings & With a tasty selection of Pizza & Toppings</p>				
JACKET POTATO BAR	<p>Fresh Baked Jacket Potatoes with a selection of toppings</p>				
GREENS & GRAINS	<p>STARCH & VEG Spring greens Mixed salad</p>	<p>STARCH & VEG Garlic slice Green beans</p>	<p>STARCH & VEG Thyme roast potatoes, carrots, peas</p>	<p>STARCH & VEG Sweetcorn, Chipotle Coleslaw</p>	<p>STARCH & VEG Chips, peas or baked beans</p>
THEME DAY	 <p>Return of the Mac... 'n' Cheese Classic mac 'n' cheese with homemade garlic dough balls</p>	 <p>Spicy Chicken Currywurst Flatbread Tater tots, slaw, currywurst ketchup, pickled onions</p>	 <p>Buffalo Joe BBQ chicken, kiln fired flat bread, rice & mixed salad</p>	 <p>Persian Lemon Vegetable Cous Cous topped with feta & tikka roasted peppers</p>	 <p>Shimla Onion Bhaji Burger in a pitta bread with pink pickled onions, Kolkata street vendor mint chutney & masala fries</p>
COLD DELI	<p>Selection of Grab & Go Snacks & pre made Sandwiches <i>Also Available Daily</i> Freshly made Cakes, Bakes, Fresh Fruit & a delicious selection of Sweet Desserts & Yoghurt</p>				

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